



# Homemakers Exchange Recipes

January, February, March, 1950

Volume 2

*Greetings to you  
from the*

## *Homemakers Exchange*

This booklet contains the recipes we have been bringing to you—our television friends and neighbors—many that you have been kind enough to share with us, many that are our special favorites and that we therefore want to share with you. Each recipe is one which we are sure you will enjoy using again and again in your own home. For each is dependable, easy to prepare—and each produces a good-to-eat dish.

Truly we hope you know how much we appreciate your interest in our Homemakers Exchange program—how much we appreciate your turning to your CBS Channel and inviting our Maggie Young into your living room each afternoon via television—Monday through Friday.

Your welcome to her expresses a warm glow of friendliness—makes us real television neighbors. So again—our thanks.

Cordially,

*Eleanor Howe*  
*W.J. Harvey Jr.*

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# Breads, Rolls, Muffins

## Streusel Filled Coffee Cake

(6 servings)

- 1½ cups sifted flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup sugar
- 4 tablespoons shortening
- 1 egg, well beaten
- ½ cup milk
- 1 teaspoon vanilla

Sift flour, baking powder, salt and sugar together. Cut in the shortening. Blend in well beaten egg mixed with milk and vanilla. Beat just enough to mix. Pour half the batter into a well greased and floured 6-inch by 10-inch or 8-inch square baking pan. Sprinkle with streusel filling. Add remaining batter and sprinkle the rest of streusel mixture on top. Bake at 375°F. for 25 to 30 minutes.

### Streusel Filling

- ½ cup brown sugar
- 2 tablespoons flour
- 2 tablespoons cinnamon
- 2 tablespoons melted butter
- ½ cup chopped nuts

Mix sugar, flour and cinnamon together. Blend in butter and stir in chopped nuts. Mix well.

## Golden Corn Bread

(16 squares)

- 1 cup sifted flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 2 tablespoons sugar
- ¾ cup yellow corn meal
- 2 eggs, beaten
- 1 cup milk
- ¼ cup melted fat

Sift flour, salt, baking powder and sugar together; mix with corn meal. Beat together eggs, milk and fat; add to sifted dry ingredients and beat until smooth. Bake in waxed-paper-lined 9-inch square pan at 375° F. for 25 minutes.

## Popovers

(6 large popovers)

- 1 cup milk
- ½ teaspoon salt
- 1 tablespoon butter or margarine, melted
- 3 eggs, slightly beaten
- 1 cup sifted flour

Combine milk, salt and melted butter or margarine and mix with eggs. Add flour and beat until smooth. Fill greased custard cups ½ full. Bake at 400°F. for 45 minutes.

## Paprika Bread

- 1 loaf Vienna bread
- Softened butter or margarine
- Paprika

Cut loaf in half lengthwise. Spread each half with butter or margarine, sprinkle with paprika, and warm in oven just before serving.

## Twists

(18 twists)

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ⅓ cup shortening
- ¾ cup milk (about)
- 3 tablespoons melted butter or margarine
- ½ cup sugar
- 2 teaspoons cinnamon
- ⅛ teaspoon nutmeg

Combine flour, baking powder and salt; sift together. Cut in shortening until mixture resembles coarse corn meal. Add enough milk to form a soft dough. Roll dough on a lightly floured board in a rectangle about ¼-inch thick. Spread with melted butter or margarine and sugar combined with the spices. Cut dough into strips about ¾-inch wide and 6 inches long. Fold each strip end to end with sugared surfaces together. Twist in center and place on greased baking sheet. Bake at 400° F. for 20 minutes.

## Nut Bread

- 1 egg, beaten
- $\frac{1}{4}$  cup sugar
- 1 cup nut meats
- 2 cups sifted flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 cup milk

Combine egg and sugar, and add the nut meats. Sift flour, baking powder and salt together and add alternately with milk to the first mixture. Then beat to mix well and turn into a greased  $8\frac{3}{4}$  by  $4\frac{3}{4}$ -inch pan. Let stand 20 minutes. Bake at  $350^{\circ}$  F. for 45 minutes.

## Corn Sticks

(15 to 16 corn sticks)

- $1\frac{2}{3}$  cups sifted all-purpose flour
- $\frac{3}{4}$  cup corn meal
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons sugar
- 1 egg, well beaten
- 1 cup milk
- $\frac{1}{4}$  cup melted shortening

Sift flour, corn meal, baking powder, salt and sugar together. Combine egg, milk and shortening. Add to dry ingredients all at once and stir until flour is dampened. Turn into well-greased corn stick pans. Bake at  $425^{\circ}$  F. 20 to 25 minutes, or until well browned.

## French Toast

(6 servings)

- 2 eggs
- 1 cup milk
- $\frac{1}{4}$  teaspoon salt
- 6 slices of bread
- Butter or margarine
- Jam, syrup or maple sugar

Beat eggs slightly in a deep plate; stir in milk and salt. Place sufficient butter or margarine in a frying pan to cover the bottom when melted. Dip 6 slices of bread, one at a time, into the egg and milk mixture. Brown one side in the hot butter or margarine; turn and brown the other side. Add more butter or margarine, if necessary, to prevent sticking. Serve at once with butter or margarine and jam, syrup or maple sugar.

## Blueberry Muffins

(16 2-inch muffins).

- 2 cups sifted flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 3 tablespoons sugar
- 1 egg, slightly beaten
- 1 cup milk
- 3 tablespoons melted butter or margarine
- $\frac{3}{4}$  cup drained blueberries

Sift dry ingredients together. Combine egg, milk, butter or margarine and pour slowly into the dry ingredients, mixing only until the dry ingredients are moistened. Add blueberries and fill greased muffin pans two-thirds full. Bake at  $425^{\circ}$  F. for 25 minutes.

## Jack Horner Rolls

(About  $3\frac{1}{2}$  dozen rolls)

- 2 cakes yeast or 2 packages dry granular yeast
- $\frac{1}{4}$  cup lukewarm water
- 1 cup milk
- $\frac{1}{2}$  cup sugar
- 2 teaspoons salt
- $\frac{1}{4}$  cup shortening
- 5 cups sifted all-purpose flour
- 2 eggs
- 1 teaspoon grated lemon rind
- 36-40 pitted cooked prunes
- 6 tablespoons sugar
- 1 teaspoon cinnamon
- Confectioners' Sugar Icing

Soften yeast in lukewarm water. Scald milk; add sugar, salt and shortening. Cool to lukewarm. Add flour to make a thick batter ( $2\frac{1}{2}$  to 3 cups). Mix well. Add softened yeast, eggs and lemon rind. Beat until batter is smooth. Add enough more flour to make a soft dough that can be handled. Turn onto lightly floured board and knead until smooth and satiny. Place in lightly greased bowl, cover and let rise in a warm place until doubled (about  $1\frac{1}{2}$  hours). When light, punch down. Let rest 10 minutes. Divide into pieces the size of an egg. Shape each portion into a ball and flatten to about  $\frac{1}{4}$  inch in thickness. Place a prune in center of each portion. Mix sugar and cinnamon, and sprinkle  $\frac{1}{2}$  teaspoonful over each prune. Bring edges of dough together to form a smooth ball

and seal. Place rolls, smooth side up, 2 inches apart on a greased baking sheet. Let rise until doubled (about 45 minutes). Bake at 350° F. about 25 minutes. While slightly warm, top with Confectioners' Sugar Icing.

### **Confectioners' Sugar Icing**

$\frac{3}{4}$  cup confectioners' sugar

2 tablespoons hot milk

$\frac{1}{4}$  teaspoon vanilla

Combine ingredients and mix until smooth.

### **Swedish Tea Ring**

(10-inch ring)

1 package hot roll mix

2 tablespoons butter or margarine, melted

$\frac{1}{4}$  cup sugar

2 teaspoons cinnamon

$\frac{3}{4}$  cup nut meats

$\frac{1}{2}$  cup chopped candied fruit peel

1 egg, beaten

Prepare mix according to directions on the package and roll dough  $\frac{1}{2}$ -inch thick. Brush with melted butter or margarine. Combine sugar, cinnamon, nut meats and candied fruit peel and spread evenly over dough. Roll lengthwise. Shape into a ring on greased baking sheet. Snip almost to center at 2-inch intervals. Pull sections apart and twist with cut side up. Brush with egg, let rise. Bake at 375°F. for 25 minutes.

### **Spoon Corn Bread**

(6 servings)

$\frac{1}{2}$  cup yellow corn meal

$\frac{1}{2}$  teaspoon salt

1 cup boiling water

1 tablespoon butter or margarine

2 eggs, separated

1 cup milk

Slowly add the corn meal and salt to the boiling water. Cook, stirring constantly, until thickened. Blend in butter or margarine. Beat egg yolks and add to milk. Add slowly to the corn meal mixture. Beat egg whites until stiff and dry and fold into the mixture. Pour into a shallow well-greased baking dish and bake at 375°F. for 50 minutes.

### **Irish Soda Bread**

2 cups sifted all-purpose flour

$\frac{3}{4}$  teaspoon soda

$\frac{1}{2}$  teaspoon salt

1 tablespoon sugar

$\frac{1}{2}$  cup shortening

$\frac{1}{2}$  cup raisins

1 tablespoon caraway seeds

$\frac{1}{4}$  cup vinegar

$\frac{2}{3}$  cup sweet milk

Combine sifted flour, soda, salt and sugar. Cut in shortening with two knives or pastry blender. Stir in raisins and caraway seeds. Mix vinegar and milk together. Add to flour mixture and blend with a fork. Turn into a greased 9-inch pan, spread or pat smooth. Bake at 375°F. for 30 minutes. Serve hot in wedges.



# Cakes and Frostings

## Angel Food Cake

- 1 1/4 cups sugar
- 1 cup sifted cake flour
- 1 cup egg whites
- 1/4 teaspoon salt
- 1 teaspoon cream of tartar
- 3/4 teaspoon vanilla
- 1/4 teaspoon almond extract

Sift the sugar before measuring. Resift 1/2 cup of the sugar with the flour. Place egg whites in large bowl, add salt, beat until foamy. Sprinkle the cream of tartar over foamy egg whites. Continue beating until whites will just form peaks when the beater is withdrawn. Fold in remaining 3/4 cup of sugar, about 2 tablespoons at a time; add flavorings. Sift about 1/4 cup of flour and sugar mixture over egg mixture; fold in lightly, continue till all the flour has been used. Pour the batter into an ungreased 10-inch tube cake pan. Bake at 325° F. for 50 minutes. Invert pan, cool before removing cake.

To serve: Fill the center of cake with thawed frozen peaches and top with whipped cream.

## Date Nut Torte

(6 servings)

- 4 eggs, separated
- 1 cup sugar
- 3/4 cup sifted flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup broken pecan meats
- 1 cup dates, cut
- 1/2 teaspoon vanilla

Beat egg yolks until thick. Add sugar and continue beating. Sift flour with baking powder and salt into the eggs and sugar. Fold until evenly blended, then add nuts and dates. Fold stiffly beaten egg whites and vanilla into the mixture. Pour into a greased pan about 9 inches square and bake at 350° F. for 40 or 45 minutes.

## Fudge Pie

(6 servings)

- 1/2 cup butter or margarine
- 1 cup sugar
- 2 eggs, separated
- 2 ounces unsweetened chocolate, melted
- 1/3 cup sifted flour
- 1 teaspoon vanilla
- 1/8 teaspoon salt

Cream butter or margarine until soft, add sugar gradually, and blend until creamy. Beat in egg yolks, and slightly cooled chocolate. Add sifted flour and vanilla. Whip egg whites until stiff. Add 1/8 teaspoon salt. Fold into batter. Bake in a greased pie plate at 325° F. for 30 minutes. Serve topped with ice cream.

## Spice Cake with Baked Frosting

(10 to 12 servings)

- 1/2 cup shortening
- 1 1/4 cups sugar
- 2 eggs
- 2 1/2 cups sifted cake flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup raisins (optional)
- 1 cup sour milk or buttermilk

Cream shortening and sugar together. Add eggs, one at a time, beating well after each is added. Sift flour with spices, soda and salt. Add raisins to flour mixture. Flour and milk are then added alternately to creamed shortening and sugar. Beat only until smooth. Pour into a well greased 9 by 13-inch cake pan. Spread with frosting and bake at 350° F. for 40 or 45 minutes.

## Baked Frosting

- 2 egg whites
- 1 cup light brown sugar
- Pinch salt
- 1/4 cup nut meats

Beat egg whites until stiff. Fold in sugar and salt. Spread over cake batter and sprinkle with nut meats before placing in oven.

### Orange Torte

(8 to 10 servings)

- $\frac{3}{4}$  cup raisins
- 1 medium-size orange
- 1 cup sifted flour
- $\frac{1}{2}$  teaspoon soda
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 cup brown sugar
- $\frac{1}{2}$  cup shortening
- 1 egg
- $\frac{1}{4}$  cup orange juice
- 1 cup buttermilk
- 1 cup quick-cooking rolled oats

Grind raisins and orange rind through the medium blade of a food grinder. Sift together the flour, soda, baking powder and salt. Add brown sugar, shortening, egg, orange juice, buttermilk, rolled oats, and beat until the mixture is blended. Fold in raisins and orange rind. Pour into a greased 9 by 9-inch pan and bake at 350° F. for 40 minutes.

### Plain Cupcakes

(24 2-inch cupcakes)

- 1 cup sugar
- 2 cups sifted flour
- $\frac{1}{4}$  teaspoon salt
- 2 teaspoons baking powder (double acting)
- 1 cup milk
- 1 egg, beaten
- $\frac{1}{4}$  cup melted shortening
- 1 teaspoon vanilla

Combine dry ingredients and sift. Mix milk, egg, shortening, and vanilla together. Combine mixtures and beat. Fill greased muffin tins three-fourths full and bake at 375°F. for 25 minutes.

#### Topping

When cool dip top of cupcake into a favorite jelly then into moist coconut.

### Candy Bar Cake Icing

When you take a cake out of the oven, and it is still hot, place a chocolate bar, 5c or 10c one, on each layer. When it melts which only takes a few minutes, spread.

## Cookies

### Banana Bars

(2 dozen bars)

- $\frac{1}{2}$  cup shortening
- 1 cup sugar
- 2 eggs, beaten
- 1 teaspoon lemon extract
- $1\frac{3}{4}$  cups sifted flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 cup mashed banana (3 ripe bananas)

Cream together shortening and sugar. Add eggs and lemon extract and mix thoroughly. Sift flour, baking powder and salt together and add alternately with mashed banana. Spread in greased shallow pan (8 x 13 inches) and bake at 350° F. for 30 minutes. Cool in pan; cut into bars.

### Chocolate Wafers

(2 dozen)

- $\frac{1}{2}$  cup butter or margarine
- $\frac{3}{4}$  cup sugar
- 1 square chocolate, melted
- 1 egg, slightly beaten
- $\frac{1}{2}$  teaspoon vanilla
- $1\frac{1}{4}$  cups sifted flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt

Cream butter or margarine. Add sugar slowly, creaming well. Blend in chocolate, egg and vanilla. Resift flour with baking powder and salt, and stir into chocolate mixture. Drop by teaspoonfuls 2 inches apart on ungreased cooky sheets. Bake at 375° F. for 15 minutes.

## Gumdrop Squares

(20 squares)

- 4 eggs
- 2 tablespoons water
- 2 cups brown sugar
- 2 cups flour
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon cinnamon
- 1 cup gumdrops
- $\frac{1}{2}$  cup chopped nuts

Beat eggs with water until fluffy. Add sugar and mix well. Sift dry ingredients together and mix with gumdrops and nuts. Mix into first mixture and bake in 9 by 13-inch pan at 350° F. for 25 minutes. While still warm spread with Orange Butter Frosting. Cool and cut into shapes.

### Orange Butter Frosting

- $\frac{1}{4}$  cup butter or margarine
  - 2 cups confectioners' sugar
  - 1 tablespoon orange rind, grated
  - 2 tablespoons orange juice
- Cream butter or margarine, add sugar, orange rind and orange juice.

## Scotch Shortbread

(32 squares)

- $\frac{1}{2}$  pound butter or margarine
- $\frac{7}{8}$  cup sugar
- 1 egg yolk
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{2}$  teaspoons baking powder
- $3\frac{1}{2}$  cups flour

Soften butter or margarine and beat the sugar into it until smooth. Add egg yolk, salt and baking powder. Knead in flour until smooth. Press evenly into two 8-inch square pans. Prick well with a fork and bake at 375° F. about 40 minutes. Mark into squares while warm. Cool in pans.

## Walnut Balls

(Approximately 3 dozen balls)

- $\frac{1}{2}$  cup shortening
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon vanilla
- 1 egg, separated
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{4}$  cups sifted flour
- 2 tablespoons cream
- $\frac{3}{4}$  cup walnuts, chopped

Cream shortening, add sugar, and cream

until light and fluffy. Add vanilla, beat in egg yolk and salt. Add flour to creamed mixture alternately with cream, to form stiff dough. Roll dough between palms of hands to form small balls about 1 inch in diameter. Dip top of each ball into slightly beaten egg white, then into chopped nut meats. Place on ungreased cookie sheet. Bake at 400° F. for 10 to 12 minutes, until golden brown.

## Butterscotch Brownies

(16 squares)

- $\frac{1}{2}$  cup butter or margarine
- 2 tablespoons dark molasses
- $\frac{7}{8}$  cup sugar
- 4 eggs
- 2 teaspoons vanilla
- 1 teaspoon baking powder
- $1\frac{1}{2}$  cups whole wheat flour
- 1 cup powdered milk
- $\frac{1}{2}$  teaspoon salt
- 1 cup broken walnuts or pecans

Melt butter or margarine; add molasses, sugar, eggs and vanilla, and mix well. Add baking powder to the flour and stir into the first mixture, along with remaining ingredients. Mix only enough to blend. Spread in two waxed-paper-lined 8-inch square baking pans. Bake at 350° F. for 30 minutes. Turn out of pan, remove paper immediately, and cut into squares. If desired, top with icing.

## Caraway Cookies

(3 to 4 dozen cookies)

- 1 cup shortening
- 1 cup sugar
- 2 eggs
- 1 tablespoon milk
- 1 tablespoon grated lemon rind
- $\frac{3}{4}$  teaspoon caraway seeds
- 3 cups sifted flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon soda
- $\frac{1}{2}$  teaspoon ginger

Cream shortening and sugar together. Beat in eggs, add milk, lemon rind and caraway seeds. Sift remaining ingredients together and stir into the first mixture. Chill overnight. Roll dough out  $\frac{1}{4}$  inch thick. Cut with 2-inch cookie cutter and place on greased cookie sheet. Bake at 400° F. for 10 minutes.



# Desserts

## Applesauce Torte

(8 to 10 servings)

- 1 small can applesauce
- 1 can condensed milk
- 3 eggs, separated, beat yolks and whites separately
- 1 whole lemon (grate entire lemon)
- $\frac{1}{2}$  pound graham crackers, rolled fine
- $\frac{1}{4}$  pound butter or margarine

Mix together applesauce, condensed milk, eggs and grated lemon. Mix graham crackers and butter or margarine and put a liberal amount in the bottom of a spring form. Pour in cake mixture. Top with cracker crumb mixture. Bake at 325°F. for 30 minutes. Serve cold.

## Peanut Brittle Tapioca

(4 servings)

- 1 package prepared tapioca pudding
- $\frac{1}{2}$  cup finely broken peanut brittle

Prepare tapioca according to directions on package. Pour into individual serving dishes and chill thoroughly. Just before serving, sprinkle each serving with peanut brittle.

## Apple Blossom Ice Cream

(4 to 5 servings)

- 1 cup applesauce, sweetened
- 1 tablespoon light corn syrup
- 1 tablespoon lemon juice
- 1 egg yolk, slightly beaten
- Red vegetable coloring
- 1 cup cream, whipped

Heat applesauce, syrup and lemon juice. Add egg yolk and mix well. Tint mixture a delicate pink and chill. Fold the mixture into the whipped cream. Pour into freezing tray and place in freezing compartment of refrigerator. Freeze to mush. Beat well, return to freezer compartment and freeze until firm.

## Apricot Shortcake

(4 servings)

- 4 individual shortcakes
- 1 No. 2 can pitted apricots
- Whipped or plain cream

Prepare fresh shortcakes from basic baking powder biscuit recipe, or use left-over plain cake, or reheat frozen biscuits. Split in half. Place 2 or 3 apricot halves with juice between halves. Top with more apricots and juice. Garnish with whipped cream, or serve with plain cream.

## Frozen Raspberry Jam Pudding

(6 servings)

- $\frac{1}{2}$  cup raspberry jam
- 2 tablespoons lemon juice
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{2}{3}$  cup milk
- 1 cup evaporated milk, undiluted
- Red vegetable coloring

Mix jam, lemon juice, salt and vanilla; add milk. Chill evaporated milk thoroughly and beat until stiff. Fold into jam mixture. Put into freezing tray and freeze in freezing compartment of refrigerator. When partly frozen beat with rotary beater, adding a little red coloring. Return to freezing tray and freeze until firm.

## Banana Pudding

(5 to 6 servings)

- 1 package vanilla pudding mix
- 2 bananas
- Thin vanilla wafers

Prepare vanilla pudding according to instructions on box. Cool. Line bottom and sides of refrigerator dish with wafers. Pour in half of the pudding. Cover with a layer of sliced bananas; then add the rest of the pudding and top with a layer of crumbled wafers. Chill in Kelvinator.

## Magic Orange Cups

(6 servings)

- 1½ tablespoons shortening
- ¾ cup sugar
- 1 tablespoon grated orange peel
- 2 egg yolks, unbeaten
- 5 tablespoons sifted flour
- Dash of salt
- ⅓ cup orange juice
- 1 cup milk
- 2 egg whites, stiffly beaten

Cream shortening; gradually add sugar, beating until fluffy. Add orange peel and egg yolks, and beat well. Add flour and salt alternately with orange juice and milk. Fold in egg whites. Pour into greased custard cups. Place in pan containing about one inch of hot water. Bake at 325° F. for 45 minutes.

## Steamed Chocolate Pudding

(4 servings)

- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder, double acting
- 2 tablespoons cocoa
- ½ teaspoon salt
- 1 egg
- ½ cup sugar
- ½ cup milk
- ¼ cup melted shortening
- 1 teaspoon vanilla

Sift flour, baking powder, cocoa, and salt together. Beat egg and add sugar. Add milk and dry ingredients alternately to egg and sugar mixture. Stir in melted shortening and vanilla. Fill greased molds, three-fourths full. Cover the molds and steam for one hour. Serve with Fluffy Lemon Sauce or hard sauce.

## Fluffy Lemon Sauce

(6 servings)

- ½ tablespoon butter or margarine
- ½ cup confectioners' sugar
- ½ cup evaporated milk, chilled
- 1 tablespoon lemon juice
- Grated rind of one lemon
- ¼ teaspoon almond extract

Cream butter or margarine. Add sugar and beat until fluffy. Whip chilled evaporated milk until stiff, adding lemon juice. Fold lemon rind and almond extract into sugar mixture.

## Charlotte Russe

(6 servings)

- 1 package plain gelatin
- 4 tablespoons milk
- 1 pint heavy cream
- Pinch soda
- Ladyfingers

Soften gelatin in 2 tablespoons cold milk. Let stand for 15 minutes. Add 2 tablespoons warm milk. Whip cream, add soda and gelatin. Put in 6 sherbet glasses. Decorate with split halves of ladyfingers. Chill at least 3 hours.

## Caramel Pudding

(6 servings)

- 1 can sweetened condensed milk
- ¼ cup chopped nut meats
- ½ cup heavy cream, whipped

Place can of sweetened condensed milk in boiling water for 2 hours. Chill. Remove from can. Sprinkle with nut meats and garnish with whipped cream.

## Hawaiian Strawberries

(4 servings)

- 1 package frozen strawberries
- ⅓ cup orange juice
- 1 tablespoon grated orange rind
- 4 slices pound cake
- 1 pint vanilla ice cream

Combine strawberries, orange juice and rind, and chill. When ready to serve, place pound cake on dessert plate; top with large spoonful of ice cream, and pour strawberry mixture over all.

## Ambrosia

(6 servings)

- 1 large grapefruit
- 2 oranges
- 2 tangerines
- 1 4-ounce can cubed pineapple
- 1 cup moist shredded coconut
- ½ cup sugar
- Maraschino cherries

Pare grapefruit and oranges, and peel tangerines. Separate sections. Alternate layers of grapefruit, orange and tangerine sections, drained pineapple, and coconut in a bowl. Sprinkle with sugar and garnish with cherries.

## **Baked Indian Pudding**

(6 servings)

- 2 cups milk
- 3 tablespoons yellow corn meal
- 3 tablespoons butter or margarine
- 3 tablespoons molasses
- $\frac{1}{4}$  teaspoon ginger
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup sugar
- 2 eggs, well beaten

Scald the milk. Then add the corn meal and cook slowly while stirring for about 10 or 15 minutes. Add the remaining ingredients. Mix well and pour into a buttered baking dish. Bake at 400°F. for 30 or 35 minutes.

## **Super Chocolate Pudding**

(5 to 6 servings)

- 1 package chocolate pudding
  - 1 $\frac{1}{2}$  cups broken chocolate ice-box cookies
- Prepare pudding according to directions on the package. Cool. Line bottom and sides of refrigerator dish with broken

chocolate ice-box cookies. Pour in half the pudding. Add a layer of broken cookies. Pour in remainder of pudding. Top with another layer of broken cookies. Chill until set. Serve with whipped cream.

## **Apple Dandy**

(4 to 5 servings)

- 3 tart apples
- 2 tablespoons brown sugar
- 2 tablespoons granulated sugar
- $\frac{1}{4}$  teaspoon cinnamon
- 1 tablespoon butter
- $\frac{1}{4}$  teaspoon baking soda
- Pinch of salt
- 2 tablespoons flour
- $\frac{1}{2}$  cup thick sour cream

Peel, core and cut apples into eighths. Place in a shallow baking dish or pie plate. Mix brown and granulated sugar with cinnamon and sprinkle over apples. Dot with butter. Mix soda, salt, flour and sour cream. Spread over apples and bake at 350° F. for 40 or 45 minutes. Serve warm with nutmeg-flavored cream and a little sugar.

# Main Course Dishes

## Chicken Chop Suey with Boiled Noodles

(6 to 8 servings)

- 1/2 cup green pepper, minced
- 1/2 cup onion, minced
- 2 tablespoons butter or margarine
- 2 cups diced, cooked chicken
- 1 cup coarsely chopped celery
- 1 cup bean sprouts
- 1 cup chicken broth
- 2 tablespoons flour
- 1/2 cup chopped toasted almonds
- 5-ounce can mushrooms
- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Cook peppers and onion in butter or margarine until onions are transparent. Add chicken and brown lightly. Stir in celery, bean sprouts, and half the broth. Make a paste of the flour and the rest of the broth. Add to chicken mixture and bring to a boil, stirring constantly. Add almonds, mushrooms, soy sauce, salt and pepper. Serve with boiled noodles.

## Hungarian Goulash

(6 to 8 servings)

- 1 medium-sized onion, diced
- 2 tablespoons shortening
- 2 pounds stewing beef, cut in 1-inch cubes
- 2 teaspoons paprika
- 1 tablespoon salt
- 1 green pepper, cut in quarters
- 2 ripe tomatoes, cut in quarters
- 1 cup water

Fry onion until golden brown in shortening. Add beef and sauté for about 5 minutes. Combine with remaining ingredients and cook slowly for about 1 1/2 hours or until meat is tender. Serve hot with potatoes, boiled rice or macaroni. Veal, pork, or chicken may be used in place of the beef.

## Boiled Tongue with Frozen Horse-radish Sauce

(6 to 8 servings)

- 1/3 cup vinegar
- 2 teaspoons salt
- 3 tablespoons sugar
- 2 to 3 bay leaves
- 15 whole cloves
- 2 large onions, sliced
- 2 tablespoons lemon juice
- 4 quarts boiling water
- 4- to 5-pound fresh beef tongue

Add vinegar, salt, sugar, bay leaves, cloves, onions and lemon juice to boiling water. Pour over tongue. Cover and simmer till tender, about 3 1/2 to 4 hours. Drain, discarding liquor, and remove outer skin. Serve with frozen horse-radish sauce.

## Frozen Horse-radish Sauce

(About 2 cups)

- 1/2 cup horse-radish, drained
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 cup mayonnaise
- 1 cup heavy cream, whipped

Fold ingredients into whipped cream. Pour into refrigerator tray. Freeze in Kelvinator.

## Fish Cakes Supreme

(6 servings)

Shape the contents of a can of Gorton's Ready-to-Fry Codfish Cakes into mounds or nests on individual dishes, hollowing the center of each. With a spoon, spread entire mound with beaten yolk of egg. Brown in quick oven (400°F.). Meanwhile, heat a can of peas. When fish cakes are ready, place several spoonfuls of thick white sauce on each, and cover with a spoonful of peas, drained and buttered.

## Baked Spanish Rice with Eggs

(4 to 6 servings)

- 1 cup rice
- 1 No. 2 can tomatoes (2½ cups)
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ½ teaspoon salt
- 1 bay leaf
- 3 whole cloves
- 3 tablespoons butter or margarine
- 2 tablespoons flour
- 8 stuffed olives, sliced
- 6 eggs
- ¼ cup grated cheese, if desired
- ½ cup fine bread crumbs, buttered

Cook rice in boiling salted water to cover until tender and drain. Simmer tomatoes, onion, pepper, salt, bay leaf and whole cloves for 10 to 15 minutes. Remove the bay leaf and cloves. Mix the butter or margarine and the flour. Add a little of the hot tomato mixture and stir to make a smooth paste. Blend this into the remainder of the tomato mixture, stirring constantly until slightly thickened. Add the sliced olives. Put the rice into a well-greased 8 by 12-inch baking dish. Make a depression for each egg with the back of a spoon. Break an egg into each. Cover with the tomato mixture. Add the grated cheese, if used, and sprinkle buttered bread crumbs over all. Bake at 350°F. about 15 or 20 minutes until the cheese is melted and the crumbs are browned.

## Easter Ham

(18 to 25 servings)

Choose a 6¾-pound canned ham. Refrigerate until ready to use. Use key to open canned ham. Ham will slide out in one piece. Remove jellied juices. Place ham, fat side up, on rack in flat pan. Bake uncovered in 325° F. oven for 45 minutes. Score fat and cover with heated glaze of 1 cup brown sugar and ½ cup corn syrup. Return to oven for about 30 minutes or until golden brown. Baste occasionally.

**Garnish:** Use pastel colored Easter eggs, set in fresh greens. To prepare: Peel hard-cooked eggs, dip in harmless Easter egg colors. Cut eggs in half. Prepare deviled egg mixture. Refill egg whites, leaving wide ruffle at edge. Put together halves of contrasting colors.

## Surprise Meat Balls

(6 servings)

- ¾ pound ground beef
- ½ cup grated American cheese
- 1 tablespoon lemon juice
- ½ green pepper, finely chopped
- 2 tablespoons green olives, chopped
- 1 tablespoon finely cut pimento
- 1 teaspoon salt
- 1 cup bread crumbs
- 1 egg, slightly beaten
- 1 cup milk
- 6 strips of bacon, cut in half

Mix together all ingredients except bacon, and shape into six oblong balls. Wrap each ball in a slice of bacon, fasten with a toothpick at each end. Place on a wire rack. Bake at 375° F. for 45 minutes.

## Ready-to-Fry Fish-Cake Pie

(6 servings)

- 2 cans Gorton's Ready-to-Fry Codfish Cakes
- ¾ cup milk
- 1 egg
- ½ cup cracker crumbs
- 2 tablespoons butter, melted
- ½ cup grated cheese

Empty contents of cans into a mixing bowl and fluff up with fork. Add milk and egg, well beaten. When smooth, place in buttered baking dish and spread with the cracker crumbs mixed with melted butter. Sprinkle cheese over top. Bake at 350°F. until well browned.

## Pork Chops in the Texas Manner

(4 servings)

- 4 pork chops
- ¾ cup rice, uncooked
- 2 fresh tomatoes
- 1 green pepper, cut in strips
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 can beef bouillon

Brown chops on both sides. Put into casserole. Put equal amounts of uncooked rice, half a fresh tomato and a few strips of green pepper on each chop. Add seasonings. Add bouillon and water to cover chops. Cover casserole and bake at 350°F. for 45 minutes.



## Mexican Chicken

(4 to 6 servings)

- 1 3 to 4-pound drawn fowl, cut up
- 1 slice dry bread
- 2 tablespoons seedless raisins
- $\frac{1}{4}$  square unsweetened chocolate
- 3 tablespoons blanched almonds
- 2 tablespoons minced onion
- 3 tablespoons salad oil
- 2 tablespoons flour

- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{8}$  teaspoon powdered cloves
- $\frac{1}{2}$  teaspoon salt

1 tablespoon chili powder  
 $\frac{1}{2}$  cup canned tomato sauce  
 $2\frac{1}{4}$  cups hot chicken stock or bouillon

Simmer fresh or frozen chicken until tender. Put bread, raisins, chocolate and almonds through fine blade of food chopper, and combine. Cook minced onion in salad oil in large skillet until tender. Stir in flour and spices, then add ground bread mixture. Slowly stir into tomato sauce and stock or bouillon. Cook, stirring until slightly thickened. Serve over hot stewed chicken.

## Sweet and Sour Pork with Boiled Rice

(4 servings)

Cut  $1\frac{1}{2}$  pounds lean pork in cubes 1-inch square. Dip into bread crumbs, then into beaten egg and again into bread crumbs. Brown in small amount of fat. Add 2 cloves garlic, each cut into several pieces, and 3 tablespoons of water. Cover and continue cooking for 15 minutes. Remove cover and cook 10 minutes longer.

### Sauce

- 1 tablespoon cornstarch
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon salt
- 3 tablespoons vinegar
- 1 tablespoon soy sauce
- $\frac{1}{2}$  cup water
- $1\frac{1}{2}$  teaspoons Worcestershire sauce
- 1 dash Tabasco sauce
- 3 dashes Angostura bitters

Combine cornstarch and sugar, then blend in other ingredients and cook, stirring constantly, for 2 or 3 minutes or until sauce boils. Place pieces of pork on bed of cooked rice and cover generously with sauce.

## Minute Steaks with Watercress

Use 1 minute or cubed steak for each person to be served. Place in broiler 3 inches from the source of heat and broil from 3 to 5 minutes on one side. Season and turn and broil 3 to 5 minutes on other side. Serve promptly covering half of each steak with fresh, crisp watercress.

## Noodle Ring

(6 servings)

- 1 cup egg noodles
- $1\frac{1}{2}$  cups milk
- 1 cup fine bread crumbs
- 3 tablespoons butter or margarine, melted
- 3 tablespoons chopped parsley
- $\frac{3}{4}$  teaspoon salt
- Dash cayenne pepper
- $\frac{1}{4}$  cup chopped mushrooms
- 1 teaspoon poppy seeds, if desired
- 3 eggs

Break noodles into small pieces; cook them in boiling salted water until tender and drain. Scald milk and pour over bread crumbs. Add the melted butter or margarine, parsley, salt, cayenne pepper, mushrooms, poppy seeds, if used. Beat eggs and stir into milk and crumb mixture. Grease a 1-quart ring mold thoroughly. Put noodles around the mold. Pour egg mixture over the noodles. Bake at  $325^{\circ}\text{F.}$  from 45 to 60 minutes. Unmold on a platter or large plate and fill the center with a colorful creamed vegetable, as carrots or peas, or with creamed eggs, or mushrooms, dried beef, shrimp or chicken.

## Chicken Tetrazzini

(4 servings)

- $\frac{1}{2}$  package spaghetti
- 1 small can mushrooms, drained
- 2 cooked chicken breasts, diced
- 1 can mushroom soup
- Grated cheese

Cook spaghetti in boiling salted water. Drain. Grease large shallow ramekins and cover bottoms with spaghetti. Add a layer of mushrooms, then more spaghetti, then diced chicken and a final layer of spaghetti. Fill ramekin to top with mushroom soup. Sprinkle with cheese. Broil until sauce bubbles and cheese is melted.

## Baked Haddock Fillet with Tomato Sauce

(4 servings)

1 pound Gorton's frozen haddock fillets  
Cut fillets into serving pieces, dip into milk, sprinkle with salt and pepper, and roll in bread crumbs. Place in a greased shallow pan. Pour a little melted butter or margarine over fish. Sprinkle with grated onion, if desired. Bake at 500°F. about 10 minutes. When fish flakes easily when pierced with a fork, it is done. Do not overcook. Serve with Tomato Sauce.

### Tomato Sauce

Heat 1 can condensed tomato soup to which a bay leaf has been added. Remove bay leaf. Pour heated sauce over fish.

## Beef Loaf

(6 servings)

1½ pounds ground beef  
1 cup cracker crumbs  
1½ tablespoons chopped onion  
2 teaspoons salt  
½ teaspoon pepper  
¾ cup milk  
1 egg  
2 tablespoons Worcestershire sauce  
1 tablespoon butter or margarine

Mix all the ingredients together except the butter or margarine. Place in a 4¾ by 8¾-inch pan, dot with butter or margarine and bake at either of these two temperatures—350°F. for 1 hour or 275°F. for 3 hours. The latter temperature and time is suitable for oven meals.

## Corn Willy

(4 to 5 servings)

2 cups finely sliced onions  
2 tablespoons butter or margarine  
1 can corned beef  
1 can green peas  
½ cup water  
1 teaspoon salt  
Dash black pepper

Brown onions in butter or margarine. Chop corned beef fine and add to onions. Cook until fat on the beef is melted and beef is slightly brown. Add peas, including liquid. Add ½ cup water, salt and pepper. Bring to a boil; simmer gently for 20 to 30 minutes.

## Hamburger, Cheese and Macaroni Casserole

(6 to 8 servings)

1 pound ground beef  
2 medium-sized onions, chopped  
2 tablespoons fat, melted  
2 teaspoons Worcestershire sauce  
1 teaspoon salt  
¼ teaspoon pepper  
2 cans condensed cream of celery soup  
½ pound macaroni, cooked and drained  
½ pound sharp Cheddar cheese, grated  
1 tablespoon dry mustard  
¼ cup water

Brown ground beef and chopped onion in melted fat, stirring frequently. Add seasonings and soup as it comes from the cans. Heat and blend mixture well. Place ⅓ of the macaroni in a buttered 2-quart casserole, then ½ the beef and soup mixture, then ½ the grated cheese, another ⅓ of the macaroni, then the remaining beef and soup mixture. Sprinkle with combined mustard and water. Add the remaining ⅓ of the macaroni and top with remaining grated cheese. Bake uncovered at 350°F. for 20 to 25 minutes.

## Magic Meat Pie

(6 servings)

2 onions, sliced  
¼ cup shortening  
1 pound hamburger  
1 cup diced cooked carrots  
1 cup cooked peas  
¼ cup flour  
½ teaspoon salt  
Dash of pepper  
1 teaspoon Worcestershire sauce  
3 cups boiling water  
1 recipe Baking Powder Biscuits

Cook onions in 2 tablespoons of the shortening until lightly browned. Add meat and let brown. Add carrots and peas and cook until heated. Turn into greased casserole. Melt remaining 2 tablespoons shortening. Blend in flour, salt, and pepper. Add Worcestershire sauce and water, stirring constantly, until mixture thickens. Pour ½ cup of gravy over mixture in casserole. Reserve remaining gravy to serve with pie. Roll biscuit dough to fit casserole, and prick with fork. Adjust dough over meat and seal edge of pie. Bake at 450°F. for 25 to 30 minutes.

## Broiled Fillets of Haddock

(4 servings)

- 2 frozen fillets of haddock, thawed
- 2 tablespoons melted butter or margarine
- 1 tablespoon lemon juice
- Salt
- Pepper
- Paprika

Place thawed fish on greased broiler rack. Combine melted butter or margarine with lemon juice, and brush half over top side of fish. Sprinkle with salt, pepper and paprika. Place broiler pan so surface of fish is about 3 inches below source of heat. Broil about 10 minutes, or until delicately browned. Turn fish, brush with remaining lemon and butter, and sprinkle with salt, pepper and paprika. Broil 10 minutes longer.

## Swedish Cabbage Rolls

(6 servings)

- 12 large cabbage leaves
- 1 pound ground beef
- 1 cup cooked rice
- 1 teaspoon parsley, finely chopped (optional)
- 1 egg, beaten
- $\frac{2}{3}$  cup milk
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  cup finely chopped onion
- 2 tablespoons fat
- 2 tablespoons brown sugar
- 1 can consommé
- 1 bay leaf
- 4 whole cloves

Use outer leaves from a large head of cabbage. Steam over boiling water 5 minutes or until soft. Drain and trim out thick center vein. Combine beef, rice, parsley, egg, milk, salt and pepper, and half the onion. Place a tablespoonful of mixture on each cabbage leaf. Roll up and fasten with toothpicks. Melt the fat in a heavy frying pan. Brown the cabbage rolls, turning to brown evenly. Sprinkle with brown sugar. Add remaining onion, consommé, bay leaf and cloves. Cover tightly and simmer  $1\frac{1}{4}$  hours. Remove cover and cook 15 minutes longer, or bake uncovered at 325°F. for  $1\frac{1}{2}$  hours. Remove cloves and bay leaf before serving.

## Bermuda Pie

(6 servings)

- 4 cups sliced onions
- 3 eggs, slightly beaten
- $1\frac{1}{2}$  cups milk
- Salt and pepper to taste
- 3 strips bacon

Parboil onions (any mild onion may be used) and drain. Add eggs, milk, salt and pepper. Pour into an unbaked pastry shell. Cut bacon in half lengths and insert in the onion filling. Bake at 425°F. for 15 minutes then decrease heat to 350°F. and bake for 20 minutes longer.

## New Potatoes and Peas in Chicken Cream Sauce

(4 servings)

- 10 to 12 small new potatoes, pared
- 1 cup green peas
- 1  $10\frac{1}{2}$ -ounce can condensed cream of chicken soup
- $\frac{1}{3}$  cup milk

Cook potatoes, covered, in boiling salted water about 15 minutes or until done; drain. Using a small amount of water, cover and cook peas until just tender; drain. Empty soup into the top of a double boiler; stir well; heat. Add milk a little at a time, stirring constantly. Add cooked potatoes and peas; let stand 5 minutes to blend flavor. Garnish with a sprinkle of paprika.

## Baked Rice with Mushrooms

(Approximately 6 servings)

- 2 cups cooked rice
- $1\frac{1}{2}$  cups canned tomatoes
- 1 green pepper, chopped
- 1 4-ounce can mushrooms
- 4 teaspoons melted butter or margarine
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{2}$  cup buttered bread crumbs

Mix rice, tomatoes, chopped green pepper, mushrooms and mushroom juice, melted butter or margarine and seasonings. Pour into a buttered  $1\frac{1}{2}$ -quart casserole and sprinkle with buttered bread crumbs. Bake at 350°F. for about  $\frac{1}{2}$  hour, or until brown.

### Baked Bacon

Place strips of bacon on a cake cooling rack which fits over a shallow baking pan. Bake at 400°F. until browned and crisp (15 to 20 minutes).

### Lima Bean Casserole

(6 to 8 servings)

- 6 slices bacon
- ½ cup minced onion
- 1½ cups chopped celery
- ⅔ cup light molasses
- ⅔ cup catsup
- 2 tablespoons prepared mustard
- 1 teaspoon salt
- Dash of pepper
- 2 No. 2 cans Lima beans or 4 cups cooked dried Lima beans, drained
- 1 cup liquid from beans

Cut 4 slices of bacon in small pieces, fry until crisp, remove bacon to casserole. Cook onion and celery in bacon fat. Put molasses, catsup, mustard, salt and pepper into 2-quart casserole and mix well. To this add celery, onions, beans and bean liquid. Mix thoroughly and top with 2 slices of bacon (cut in half to make 4 pieces). Bake at 350° F. for 1 hour.

### Tillie's Scrapple

(6 to 8 servings)

- 2 pounds sausage meat
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 cups water
- 1 teaspoon poultry seasoning
- ½ teaspoon dried celery leaves
- 1 cup yellow corn meal

Break sausage into small pieces, then add sausage, salt and pepper to water. Let simmer for 20 minutes. Strain to remove meat. Save one quart of liquid, add poultry seasoning and dried celery leaves, and bring to a boil. Slowly add the corn meal and stir constantly until thickened. Cook slowly for 15 minutes over very low heat, stirring occasionally. Add sausage meat. Mix well. Pour into a loaf pan which has been rinsed with cold water. Chill 24 hours (covered). Slice into ¼-inch slices and fry in hot fat until golden brown. Serve hot with chili sauce or maple syrup.

### Mushroom Pie

(4 servings)

- ¼ pound butter or margarine
- 3 tablespoons flour
- 1 cup evaporated milk (not diluted)
- 1 pound fresh mushrooms
- 1 tablespoon lemon juice
- Salt and pepper

- 6 hard-cooked eggs
- ⅓ cup grated Parmesan cheese
- Baking Powder Biscuits

Melt the butter or margarine, blend in the flour, add evaporated milk slowly, and cook until thickened, stirring constantly. Simmer the mushrooms in the sauce until tender. Then add lemon juice, salt and pepper. Remove from heat. Add quartered eggs and sprinkle with cheese. Pour into a buttered casserole. Top with baking powder biscuits and bake at 400° F. for 20 or 25 minutes, until biscuits are browned.

### Chicken Marengo

(6 servings)

- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup flour
- 1 frying chicken (3 to 3½ pounds), cut up
- ¼ cup fat
- 10 to 12 small white onions, peeled and halved
- 2 to 3 cloves garlic, chopped
- 1 3-ounce can mushrooms, sliced (with juice)
- ¼ cup fat
- 3 dashes Angostura bitters
- 1½ teaspoons Worcestershire sauce
- 1 cup drained, canned tomatoes
- 1 teaspoon salt

Add salt and pepper to flour. Flour the chicken parts and brown in ¼ cup hot fat. Reduce heat and simmer for about 35 to 40 minutes. Cook onions in salted water for 10 minutes and drain. Place onions, garlic, mushrooms and juice, and ¼ cup fat in another frying pan. Cook for about 15 minutes, stirring frequently. Thicken onion mixture with 2 tablespoons of flour. Add bitters, Worcestershire sauce, tomatoes and 1 teaspoon salt. Continue stirring until thickened. Place chicken on heated serving dish and cover with sauce.

## Spaghetti with Meatless Sauce

(6 servings)

- 1 cup chopped celery
- 1 onion, minced
- ¼ cup minced parsley
- 2 green peppers, minced
- 1 clove garlic, minced
- 3 tablespoons oil or other fat
- 1 bay leaf
- ½ teaspoon paprika
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon chili powder
- 1 cup cooked kidney beans, mashed
- 1 No. 2 can tomatoes
- ½ pound spaghetti, cooked
- Grated cheese

Cook celery, onion, parsley, peppers and garlic in oil until lightly browned. Add other ingredients, except spaghetti and cheese. Simmer 1 hour, stirring occasionally, adding more water as needed. Add more salt and pepper to taste. Serve on hot cooked spaghetti. Sprinkle with grated cheese.

## Scalloped Chicken and Spaghetti

(6 to 8 servings)

- ⅓ cup chicken fat, butter or margarine
- ¼ cup chopped onion
- 1 clove garlic, finely minced
- ¼ pound fresh mushrooms (optional)
- ¼ cup flour
- 2 cups chicken stock
- Salt and pepper
- 2 to 3 cups diced cooked chicken
- 1 cup canned tomatoes
- ¼ pound cheese, grated
- 1 8-ounce or 9-ounce package spaghetti, cooked
- ½ cup buttered crumbs
- Paprika

Heat fat; add onion, garlic and mushrooms and cook until soft and lightly browned. Add flour and stir until well blended. Slowly add chicken stock and cook until thickened, stirring constantly. Season as desired with salt and pepper. Add chicken, tomatoes and cheese. Arrange chicken mixture and spaghetti in alternate layers (having chicken for a top layer) in a 2-quart casserole. Top with buttered crumbs and paprika. Bake at 375°F. about ½ hour or until brown.

## Baked Creamed Eggs

(4 to 5 servings)

- 3 tablespoons butter or margarine
- 3 tablespoons flour
- Dash of pepper
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1½ cups milk
- 6 hard-cooked eggs
- 1 cup grated cheese

Melt butter or margarine over boiling water; add flour and seasonings, and stir until smooth. Gradually add milk, stirring constantly until mixture thickens. Pour half the sauce into a greased 1½-quart casserole. Add hard-cooked eggs cut in half. Pour remainder of sauce over eggs. Top with grated cheese. Bake at 325° F. for 15 to 20 minutes.

## Turkey Supper Sandwich

(1 serving)

- 2 slices buttered bread or toast
- Lettuce
- Mayonnaise
- Cold sliced turkey
- Cold sliced turkey stuffing
- Cranberry sauce

Place lettuce on one slice of bread or toast, spread lightly with mayonnaise. Cover with sliced turkey. On other slice of bread or toast place cold sliced stuffing and cranberry sauce. Serve as open-faced sandwich.

## Broiled Lamb Kidneys

(4 servings)

- 6 lamb kidneys
- French dressing

Split kidneys into halves lengthwise; remove the white tube and fat; cover with cold water and let stand for 30 minutes. Drain and dry with absorbent paper towel. Let stand in French dressing for at least 30 minutes (longer, if desired). Arrange on a greased broiler; broil about 10 minutes, turning so that both sides will brown evenly. Serve on hot plates, placing bits of butter on each half; garnish with slices of lemon and parsley. Serve 1½ kidneys to each person.



## Baked Canadian Style Bacon

(6 servings)

1½ pounds of Canadian Style Bacon  
2 tablespoons brown sugar  
Whole cloves

Score the top with point of a knife in diamond shapes. Rub with brown sugar, if desired. Place a whole clove in center of each diamond. Place on a wire rack in an open pan. Bake at 325°F. for 1 hour.

## Gizzards en Brochette

(Approximately 6 servings)

2 pounds chicken gizzards  
3 cups water  
Celery leaves  
1 teaspoon salt  
¼ teaspoon pepper  
6 to 7 strips bacon

Simmer chicken gizzards for 45 minutes in water to which seasonings have been added. Remove from water and put onto metal skewers alternating a chicken gizzard with a strip of bacon cut into 1½ inch pieces. Place in broiling rack and broil 4 to 5 minutes on each side, turning once. Dust with garlic salt if desired.

## Broiled Liver Patties

(8 patties)

1 pound young beef liver, solidly frozen  
½ cup thick white sauce  
1 cup dry bread crumbs  
1 teaspoon onion juice  
⅛ teaspoon pepper  
¾ teaspoon salt  
½ teaspoon lemon juice  
1 egg, slightly beaten  
Fine dry bread crumbs  
Melted fat

Cut solidly frozen liver into pieces which can be placed in food chopper. Grind and combine with white sauce, bread crumbs, onion juice, pepper, salt and lemon juice. Chill for about 1 hour. Shape into patties about ½ inch thick. Dip in egg and roll in crumbs. Place on greased broiler rack and pour a little melted fat over each patty. Place rack about 3 inches below source of heat, and broil until patties are lightly browned. Turn, brush with melted fat, and brown.

## Kunming Pork

(6 servings)

1½ pounds lean pork, cut into ½-inch cubes  
3 tablespoons shortening  
½ pound fresh mushrooms, sauteed  
1½ cups water  
¼ cup soy sauce  
¼ cup vinegar  
2 teaspoons sugar  
2 dashes bitters  
1½ cups celery, coarsely chopped  
1½ cups cabbage, chopped

Brown pork in the shortening. Cover and let cook for 45 minutes. Then remove from pan. In same skillet brown mushrooms in the shortening. Add water, soy sauce, vinegar, sugar and bitters. Add browned pork to the liquid mixture. Let stand at least 1 hour. Steam over very low heat for 30 minutes. Five minutes before serving time, heat to boiling. Add celery and cabbage and simmer gently, covered, for 5 minutes. Serve on boiled rice.

## Cheese Custard

(6 servings)

6 eggs, slightly beaten  
1½ cups milk  
3½ tablespoons melted butter or margarine  
1 cup grated cheese  
¾ teaspoon salt  
⅛ teaspoon pepper  
Few grains cayenne  
Few drops onion juice

Combine all ingredients and turn into a buttered mold. Set in pan of hot water and bake at 325°F. about 35 minutes until brown, or until silver knife inserted comes out clean. Serve with Mushroom Sauce.

## Mushroom Sauce

½ pound mushrooms  
3 tablespoons butter or margarine, melted  
1 can condensed cream of mushroom soup  
⅓ cup milk

Slice mushrooms and brown delicately in the melted fat. Add the milk slowly to the canned soup and heat. Add the mushrooms and serve over the custard.

## Deviled Crab Meat

(6 servings)

2 tablespoons butter or margarine  
2½ tablespoons flour  
1½ cups milk (part light cream if desired)

2 cups crab meat  
2 hard-cooked eggs, chopped  
1 teaspoon salt  
Dash pepper  
Dash Tabasco

2 tablespoons lemon juice  
1 cup buttered fine bread crumbs

Melt butter or margarine. Stir in flour until well blended. Gradually add milk and cook with constant stirring until thickened. Add crab meat, eggs, and seasonings and lemon juice. Put into individual greased custard cups. Top with buttered crumbs. Bake at 400° F. for 15 to 18 minutes, until evenly browned.

## Codfish au Gratin

(4 servings)

½ pound Gorton's codfish  
2 tablespoons butter  
2 tablespoons flour  
1½ cups top milk  
¼ teaspoon pepper  
Dash of cayenne pepper  
Grated cheese  
Buttered bread crumbs

Pick the codfish into small pieces and freshen by washing for 15 minutes in running water. Put in saucepan and cover with cold water. Heat slowly to boiling point (do not boil) and pour off water. Drain. Make a white sauce of the butter, flour, milk and seasonings. Add the codfish, mix thoroughly and turn into greased baking dish. Sprinkle with grated cheese. Cover with buttered crumbs and brown in a moderately hot oven (400°F.).

## Gorton's Broiled Ocean Perch

(3 to 4 servings)

Defrost 1 pound package of Gorton's quickly-frozen ocean perch fillets. Place fish on a well-greased broiler pan; sprinkle with salt, pepper and lemon juice; brush with melted butter or salad oil. Place two inches from broiler heat. Broil 5 to 10 minutes or until nicely browned.

Test after 5 minutes by piercing thickest portion of fish with a fork. If fish flakes easily, remove; if not, continue cooking. Do not overcook. If fish is lean, baste frequently with juices in pan. Garnish with lemon wedges and parsley.

## Cheese Soufflé

(6 servings)

4 tablespoons butter or margarine  
4 tablespoons flour  
1 teaspoon salt  
Dash of cayenne pepper  
1½ cups milk  
½ pound cheese  
6 eggs, separated

Melt butter in the top of a double boiler over boiling water; add flour, salt and cayenne, and stir until smooth. Gradually add milk, stirring constantly until mixture thickens. Remove from heat and add cheese which has been broken into pieces. Stir until cheese melts, then add beaten egg yolks and mix well. While mixture is warm, fold in stiffly beaten egg whites. Pour into an ungreased 2-quart baking dish. Run a teaspoon around the soufflé about one inch from the edge of the baking dish to make a track. Bake at 300° F. for 1½ hours. Serve at once.

## Broiled Deviled Codfish Steak

(6 servings)

6 1-inch slices fresh codfish  
Salt  
Pepper  
¾ cup salad oil  
1 tablespoon dry mustard  
Few grains cayenne pepper  
1 tablespoon tarragon vinegar  
1 small clove garlic, crushed  
½ teaspoon paprika  
1 teaspoon horse-radish  
Bread crumbs

Sprinkle fish slices with salt and pepper. Combine salad oil, mustard, cayenne, vinegar, garlic, paprika and horse-radish. Roll fish slices in bread crumbs, sprinkle with the seasoned oil. Place on a rack in a broiling pan. Broil slowly, turning frequently, and sprinkle often with oil mixture.

## Spiced Shrimp

(6 servings)

- 2 tablespoons butter or margarine
- 1 clove garlic, minced
- $\frac{1}{2}$  cup chopped celery
- 1 cup catsup
- 1 cup water
- 2 tablespoons Worcestershire sauce
- 2 tablespoons bead molasses (Fugi, a kind used in Chinese chop suey)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $1\frac{1}{2}$  tablespoons cornstarch
- 2 tablespoons cold water

1 pound shrimp, cooked and cleaned  
Hot cooked rice (approximately 3 cups)

Combine all but last four ingredients. Simmer until flavors are well blended (about 45 minutes). Blend cornstarch with cold water and stir slowly into hot mixture. Cook until thickened. Add shrimp and heat. Serve over mounds of hot cooked rice.

## Gorton's Sauteed Cod Fillets with Easy Tartare Sauce

(2 to 3 servings)

Defrost thoroughly 1 pound Gorton's frozen cod fillets. Remove from package and coat fillets by dipping first into a mixture of 1 egg beaten with 2 tablespoons cold water—then into 1 cup finely-

sifted, dried bread or cracker crumbs to which 1 tablespoon salt has been added. Heat about 2 tablespoons fat or salad oil in a frying pan over low heat. Have fat hot but not smoking before adding fillets. Brown quickly on one side, turn carefully with a spatula and brown other side. Do not crowd pan. Total cooking time—about 3 minutes on each side. Fish is done when it flakes when pierced with a fork.

Serve with **Easy Tartare Sauce**: Combine with 1 cup mayonnaise, 1 teaspoon scraped onion, 1 tablespoon minced dill pickle and 1 teaspoon minced parsley.

## Tasty Croquettes

(6 servings)

- 1 can Gorton's Ready-to-Fry Codfish Cakes
- $\frac{1}{4}$  cup cream
- 1 egg
- 1 teaspoon tomato catsup
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon paprika
- 2 tablespoons grated onion
- 1 tablespoon parsley, chopped
- 2 tablespoons bread crumbs

Empty the contents of the can of Gorton's and add all the other ingredients, mixing smoothly. Let stand until cold and firm. Then shape into croquettes, roll in egg, then in crumbs, and fry in hot fat until brown.

# Miscellaneous

## Cabbage Rose

- 1 small firm head cabbage
- $\frac{2}{3}$  cup mayonnaise
- $\frac{1}{4}$  cup chopped olives
- 2 tablespoons chopped sweet pickles
- $\frac{1}{3}$  cup chili sauce
- 1 chopped hard-cooked egg
- Dash of Tabasco sauce

Dip head of cabbage in boiling water for a few minutes to soften outer leaves. Turn back the outer leaves to resemble petals of a flower. Hollow out center of cabbage. Chill thoroughly. Combine remaining ingredients and fill cabbage. Place toothpicks in cold boiled shrimp and tiny codfish balls and stick in sides of cabbage. Use sauce in center of cabbage as a dip for these.

## Codfish Balls

(2½ to 3 dozen balls)

- $\frac{1}{2}$  pound salt codfish
- 1½ cups thinly sliced potatoes
- 1 cup boiling water
- 1 egg, slightly beaten
- 2 tablespoons milk
- Dash of pepper
- Flour
- Fat for frying

Freshen codfish according to directions on package. Shred. Combine with potatoes and add 1 cup boiling water. Boil slowly until fish and potatoes are very tender (about 30 minutes). Drain and mash. Add egg, milk and pepper. Chill. Shape into small balls the size of marbles. Roll in flour and fry in fat until browned (about ½ minute) in deep fat heated to 375° F. Serve hot.

## Gherkins in Blankets

- 4 slices cold boiled ham
- 12 gherkins

Cut ham in strips about 1 inch wide. Wrap around gherkins and fasten with toothpicks. Serve as hors d'oeuvres.

## Hot Stuffed Prune Hors D'oeuvres

- 1 dozen cooked prunes, pitted
- 12 medium-sized stuffed olives
- Thinly sliced bacon

Place a stuffed olive in each prune. Wrap with bacon. Fasten with toothpicks. Wrap at 450°F. until bacon is crisp. Remove toothpicks and insert fresh ones before serving. Serve hot.

## Cornucopias

(12 cornucopias)

- 12 very thin slices salami
- $\frac{1}{2}$  cup cottage cheese
- $\frac{1}{2}$  teaspoon onion juice
- $\frac{1}{4}$  teaspoon salt
- Dash of pepper
- Paprika
- Water cress

Shape salami into cornucopias and fasten each with a toothpick. Combine cottage cheese, onion juice, salt, pepper and paprika. Fill cornucopias. Chill until firm. Garnish each with a sprig of water cress and remove toothpicks before serving.

## Sandwich Loaf

(10 to 12 servings)

- 1 small sandwich loaf
  - $\frac{1}{4}$  cup soft butter or margarine
  - $\frac{3}{4}$  cup finely chopped boiled ham
  - $\frac{1}{2}$  teaspoon onion juice
  - 3 tablespoons chopped pimento
  - 1½ teaspoons prepared mustard
  - $\frac{1}{3}$  cup mayonnaise
  - 1 bunch water cress, chopped
  - 3 tablespoons sweet pickle relish
  - 1¼ teaspoons salt
  - 3 hard-cooked eggs, chopped fine
  - $\frac{1}{4}$  teaspoon Worcestershire sauce
  - $\frac{1}{8}$  teaspoon pepper
  - 3 3-ounce packages cream cheese
  - $\frac{1}{4}$  cup light cream or top milk
- (approximately)

Cut crust from top and sides of sandwich loaf. Cut bread lengthwise into four slices of equal thickness. Use slice with crust for bottom layer. Spread cut side with softened butter. Spread the two center slices on both sides, and the top slice on one side only, with softened butter. Combine the ham, onion juice, pimento,  $\frac{1}{2}$  teaspoon of the mustard, and 2 tablespoons of the mayonnaise, and spread on bottom layer. Cover with one of the center slices of bread. Combine the water cress, pickle relish,  $\frac{1}{2}$  teaspoon salt and 1 tablespoon of the mayonnaise. Spread on top of second layer. Cover with second center slice of bread. Mix together thoroughly the hard-cooked eggs,  $\frac{3}{4}$  teaspoon of the salt, Worcestershire sauce, pepper, remaining mustard and mayonnaise. Spread on top of third layer. Cover with remaining slice of bread, buttered side down. Press firmly together. Cream the cream cheese and enough of the milk or cream together to make a spreading consistency. Spread on sides and top of loaf. Chill for several hours before serving.

### Shrimp Salad Sandwiches

( $1\frac{3}{4}$  cups filling)

1 cup cooked, cleaned shrimp (fresh or canned)

$\frac{1}{4}$  cup finely chopped celery

$\frac{1}{2}$  teaspoon finely minced onion (optional)

$\frac{1}{2}$  cup mayonnaise

Salt and pepper to taste

Put shrimp through fine blade of food chopper. Add other ingredients and blend well. Remove crusts from thinly sliced bread and spread with shrimp mixture.

### Brown Bread Party Sandwiches

( $1\frac{1}{2}$  cups filling)

1 3-ounce package cream cheese

2 tablespoons top milk

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  cup finely chopped nut meats

$\frac{1}{2}$  cup finely chopped green pepper

1 can brown bread

Cream cheese with milk and salt. Stir in nuts, then chopped pepper. Spread generously on thinly sliced brown bread. Cut circles in halves.

### Water Cress Sandwiches

(3 dozen small sandwiches)

$\frac{1}{2}$  cup butter or margarine

$\frac{1}{2}$  cup finely chopped water cress

1 teaspoon grated onion

$\frac{3}{4}$  teaspoon Worcestershire sauce

$\frac{1}{2}$  teaspoon salt

Dash pepper

Combine all ingredients and blend well. Cut thinly sliced bread into 2-inch rounds. With same round cutter, cut a new moon from one-half the rounds (or use special new-moon cutter). Spread full circles with above mixture. Top with new-moon halves.

### Cocoa

(6 servings)

$\frac{1}{3}$  cup sugar

7 tablespoons cocoa

Pinch salt

1 cup water

5 cups milk

Combine sugar, cocoa, salt and water in saucepan. Bring just to a boil and boil slowly for 2 minutes. Add milk and stir until scalded. Do not boil. Top each cup with whipped cream when served, if desired.

### Dried Apricot Jam

(11 6-ounce glasses)

$\frac{1}{2}$  pound dried apricots

$3\frac{1}{2}$  cups water

2 tablespoons lemon juice

7 cups sugar (3 pounds)

1 cup liquid fruit pectin

Let dried apricots soak in the water for several hours. Drain and reserve liquid. Grind or chop the apricots fine and return to the water in which they were soaked. Measure 4 cups (2 pounds) of the apricot and water mixture into a large saucepan. Add the lemon juice and the sugar. Stir well. Bring quickly to a full rolling boil and boil one minute stirring constantly. Remove from the unit and add the liquid fruit pectin. Stir and skim for 5 minutes. Pour into clean hot jelly glasses and put melted paraffin over the top of the jelly.



## Cheese Straws

(18 to 20 cheese straws)

- $\frac{1}{2}$  basic pastry recipe (or trimmings of dough left after making a pie)
- $\frac{1}{3}$  cup finely grated sharp American cheese

Dash of cayenne pepper

Roll dough into rectangle about  $\frac{1}{8}$  inch thick. Cover  $\frac{1}{2}$  of the dough with  $\frac{1}{2}$  the cheese and sprinkle very lightly with cayenne pepper. Fold other half of dough over the cheese. Roll out again. Cover  $\frac{1}{2}$  of the folded dough with the remaining cheese and sprinkle lightly with cayenne pepper. Again fold the plain half of the dough over the cheese. Roll about  $\frac{1}{4}$  inch thick. Cut in strips about  $\frac{1}{2}$  inch wide and 4 inches long. Arrange on a baking sheet. Bake at 450°F. until lightly browned, 10 to 12 minutes.

## Cracker Balls (for Soup)

(About 18 balls)

- 2 tablespoons butter or margarine
- 1 egg
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon chopped parsley
- $\frac{1}{2}$  teaspoon grated onion
- Ginger to taste
- 6 tablespoons cracker meal
- Soup stock

Cream butter or margarine; add egg, seasonings, cracker meal and enough soup stock to form a drop mixture. Place in refrigerator for at least one hour. Form into small balls (about  $\frac{3}{4}$  inch in diameter). Drop into boiling soup and cook ten minutes. If mixture is too thick add more broth. (Note: onion, parsley and ginger may be omitted, and  $\frac{1}{2}$  teaspoon lemon juice and a dash of mace added instead.)

## Farfel Pudding

(4 to 6 servings)

- 2 cups matzo farfel
- 2 eggs, beaten
- $\frac{1}{3}$  cup brown sugar
- Pinch of salt
- 3 tablespoons vegetable oil
- 1 diced apple or sliced banana
- $\frac{1}{2}$  cup chopped nuts
- $\frac{1}{2}$  teaspoon grated orange peel

Cover matzo farfel with cold water; drain immediately. Mix eggs with matzo farfel, then add remaining ingredients in order given. Mix well and place in a greased baking dish. Bake at 375°F. for 40 or 45 minutes or until brown.

## Candied Grapefruit Rind

- 2 large grapefruit
- 2 cups sugar
- 2 tablespoons light corn syrup
- 1 cup water

Cut grapefruit in half. Then cut around each section with a sharp knife to loosen the pulp from the membrane. Take the pulp out of the skin and save for other uses. Remove all membrane from the grapefruit rind and put the rind into cold water to cover. Let stand overnight. Then remove from water and cut into strips  $\frac{3}{8}$ -inch wide. Again cover with water and simmer about 20 minutes. Change water twice more and simmer each time for 20 minutes. Then drain. Boil together the sugar, corn syrup and water. Add the strips of grapefruit peel and simmer slowly until the peel is transparent and the syrup thick. Keep turning the peel and watch so the syrup does not scorch. Remove rind to waxed paper. When well cooled but while still warm roll each strip in granulated sugar.

## Chocolate Marshmallow Fudge

(16 pieces)

- 3 cups sugar
- $\frac{3}{4}$  cup cocoa
- 3 tablespoons white corn syrup
- 1 cup plus 2 tablespoons evaporated milk
- $\frac{1}{4}$  cup water
- 1 teaspoon vanilla
- 8 ounces marshmallows

Mix sugar, cocoa, syrup, evaporated milk and water, and boil until a candy thermometer has reached 236°F. Set the pan in cold water for about 5 minutes. Add vanilla and beat the mixture until thick. Have ready a buttered 8 by 8-inch pan. Put the marshmallows in the pan. Pour fudge over them and let cool.

# Pies and Tarts

## Butterscotch Tarts

(6 servings)

- 1 cup flour
- 1 3-ounce package cream cheese
- $\frac{1}{3}$  cup butter

Combine ingredients thoroughly. Roll thin on lightly floured board. Mold the dough on the back of muffin tins. Bake at 425° F. for 10 to 12 minutes, or until lightly browned. Cool. Fill with butterscotch mixture and chill.

### Filling

- 1 cup brown sugar
- 1 tablespoon butter or margarine
- 2 eggs, separated
- 2 cups milk
- 2 tablespoons flour

Melt sugar and butter together until slightly browned. Mix together well-beaten egg yolks, milk and flour. Add sugar and butter mixture. Cook until thick, stirring constantly. Then fold in the stiffly beaten egg whites. Cool.

## Pineapple Pie

(6 servings)

- 1 baked 9-inch pastry shell
- 4 eggs, separated
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup drained crushed pineapple
- 1 teaspoon lemon juice
- 1 teaspoon grated lemon rind
- $\frac{1}{4}$  cup lemon-flavored gelatin
- $\frac{1}{2}$  cup hot pineapple juice
- 1 cup sugar

Combine egg yolks, sugar, salt, pineapple, lemon juice and lemon rind; cook until smooth and thick. Add gelatin to pineapple juice and stir until dissolved. Stir into pineapple mixture and chill until thick. Beat egg whites until stiff, gradually adding sugar. Fold into mixture and pour into baked pastry shell. Chill until set. Garnish with whipped cream.

## Aunt Agatha's Banana Pie

(6 servings)

- 1 9-inch baked pastry shell
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{3}$  cup sifted all-purpose flour
- $\frac{1}{8}$  teaspoon salt
- 2 eggs, beaten
- 2 cups milk, scalded
- 1 teaspoon vanilla
- 3 sliced bananas
- $\frac{1}{2}$  cup heavy cream, whipped

Combine sugar, flour, salt, and eggs in double boiler, and gradually add milk. Cook over hot water, stirring constantly until thick (about 10 minutes). Cool. Add vanilla and pour into baked pastry shell. Press some of sliced bananas into the custard, then arrange the rest standing on edge in row around pie. Top with whipped cream.

## Lemon Chiffon Pie

(6 servings)

- 1 baked pie shell

### Filling

- 4 egg yolks
- $\frac{3}{4}$  cup sugar
- 1 lemon rind, grated
- $\frac{1}{4}$  cup lemon juice
- 4 egg whites

Beat yolks until thick; add half of sugar, grated lemon rind and juice. Put in double boiler and cook, stirring constantly, until thickened. Beat egg whites until stiff and add rest of sugar, then fold into the cooked mixture. Fill baked pie shell and cover with meringue. Bake at 350° F.

### Meringue

- 2 egg whites
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  cup sugar
- 1 teaspoon vanilla

Beat egg whites with salt until stiff. Fold in the sugar gradually and add the flavoring. Top lemon filling with meringue. Be sure meringue touches all sides of the pie pan or plate.

# Salads and Salad Dressings

## Curly Endive with Sour Cream and Horse-radish Dressing

Wash and dry bunch of curly endive. Separate leaves and place in salad bowl. Cover and toss with following dressing:

- ½ cup heavy sour cream
- 2 tablespoons tarragon vinegar
- ¼ teaspoon salt
- 2 tablespoons horse-radish

Whip cream until it begins to thicken. Gradually add other ingredients in order listed. Blend well and pour over endive.

## Frozen Fruit Salad

(6 servings)

- 1 No. 2½ can fruit cocktail
- 1 cup mayonnaise
- ¼ cup unblanched almonds, chopped

Combine all of the ingredients in a large mixing bowl. Stir until well mixed. Put into ice tray. Freeze in freezer compartment of refrigerator.

## Combination Banana Fruit Plate

(1 large serving)

- 1 sweet red-skinned apple, unpeeled
- 1 orange
- 1 ripe banana
- Salad greens
- 2 or 3 berries

Cut unpeeled apple lengthwise into 4 thin wedges. Peel orange, and slice crosswise. Cut 2 slices into halves. Peel and slice banana. Arrange 3 rows of fruit on a salad plate, using banana slices for the outside rows. For one end of the center row, use the apple wedges, placed so they overlap with the red skin toward the outside. For the other end, use the 4 half slices of orange, placed so they overlap with the curved side of each piece toward the outside. Garnish the center with greens or berries. Serve with a sweet or tart dressing.

## Waldorf Salad

(4 to 5 servings)

- 2 cups diced unpeeled tart red apples
- 1 tablespoon lemon juice
- 1 cup diced celery
- ¼ cup broken walnut meats
- ½ cup salad dressing
- Salt to taste
- Dash of cayenne pepper

Add lemon juice to apples and mix together thoroughly. Add remaining ingredients and toss together lightly. Garnish with paprika and serve on bed of lettuce.

## Stuffed Green Pepper Salad

(4 servings)

- 2 large green peppers
- 1 cup canned salmon or cooked fish, flaked
- ¼ cup chopped celery
- ¼ cup chopped raw carrots
- 3 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon grated onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- Tomato slices
- Lettuce

Parboil peppers, remove skin and chill. Cut in halves lengthwise and discard seeds. Combine remaining ingredients and fill peppers. Chill and serve on lettuce leaf with sliced tomatoes.

## East Indian Salad

(6 servings)

- ⅓ cup chutney
- 1 cup thick sour cream
- 1 large head lettuce

Add chutney to the cream. Chill thoroughly. Shred the lettuce. Mix lightly with the cream and chutney mixture. Serve at once.

## Stuffed Apricot Salad

(4 to 6 servings)

1 package cream cheese  
1 teaspoon horse-radish  
½ teaspoon prepared salad mustard  
Drained canned apricot halves  
Lettuce cups  
French dressing  
Mix cream cheese, horse-radish and mustard together. Fill centers of apricot halves. Arrange in lettuce cups and serve with French dressing.

## Bean Sprout Salad

(4 servings)

3 tablespoons mayonnaise  
2 tablespoons soy sauce  
1 No. 2 can bean sprouts, well drained  
4 pineapple rings  
Lettuce

Mix mayonnaise and soy sauce together until smooth. Pour over bean sprouts and blend thoroughly. Arrange lettuce on salad plates. Place 1 pineapple ring on each bed of lettuce. Cover with the bean sprout and mayonnaise mixture.

## Caesar Salad

(6 to 8 servings)

2 cups ½-inch bread cubes  
¼ cup garlic-flavored salad oil  
1 head romaine, broken in serving pieces  
½ cup crumbled blue cheese  
1 tablespoon Worcestershire sauce  
¼ cup garlic vinegar  
½ teaspoon dry mustard  
¼ teaspoon salt  
Dash of pepper  
1 small can anchovies, drained  
1 egg  
Juice and pulp of 1 lemon  
Fry bread cubes in garlic oil until lightly browned. Put romaine in salad bowl. Add cheese, Worcestershire sauce, vinegar, mustard, salt, pepper and anchovies. Drop unbeaten egg on salad. Then add lemon pulp and juice. Toss thoroughly until greens are coated with dressing. Just before serving, add bread cubes and again toss lightly.

## Pear and Cranberry Salad

(6 servings)

1 cup fresh cranberries  
½ unpeeled orange  
½ cup sugar  
3 large ripe pears or 6 canned pear halves

Pick over, wash and drain cranberries. Put berries and unpeeled orange through food chopper. Stir in sugar and chill. If using fresh pears, wash, pare, cut lengthwise and core. Fill centers with cranberry mixture. Garnish salad with water cress and serve with following dressing:

1 3-ounce package cream cheese  
2 tablespoons mayonnaise or salad dressing

½ cup sour cream  
1 tablespoon grated orange rind  
1 tablespoon orange juice  
⅛ teaspoon salt

Combine cheese and mayonnaise or salad dressing. Blend in other ingredients.

## Orange and Water Cress Salad

(4 servings)

Water cress  
Sections of 4 medium-sized oranges  
French dressing

Make a bed of water cress on individual salad plates. Arrange orange sections on water cress and serve with tart French dressing.

## Cabbage Slaw

(8 servings)

4 cups shredded cabbage  
2 tablespoons finely diced onion  
1 medium-sized carrot, coarsely shredded  
½ cup coarsely diced green pepper  
½ cup mayonnaise  
2 tablespoons vinegar  
1 teaspoon sugar  
½ teaspoon salt  
⅛ teaspoon pepper

Combine cabbage, onion, carrot, and pepper in salad bowl. Blend mayonnaise, vinegar and seasonings together. Pour over vegetables and toss together.

## Red Cabbage Spinach Slaw

(4 servings)

- 2 cups shredded red cabbage
- 1 cup chopped raw spinach
- ½ cup French dressing

Combine spinach and cabbage with French dressing and toss until well mixed.

## Banana-Pineapple Salad

(1 serving)

- 2 slices canned pineapple
- 1 ripe banana
- Salad greens

Place a ring of pineapple around each end of a peeled banana. Garnish with crisp salad greens and berries, if desired. Serve with mayonnaise or cream dressing.

## Jellied Shrimp and Vegetable Salad

(8 servings)

- 1 envelope gelatin
- ¾ cup water
- 1 10½-ounce can condensed consommé
- ½ teaspoon salt
- 1 tablespoon lemon juice
- 1 pound fresh shrimp
- 2 cups boiling water
- 1 teaspoon salt
- 1 stalk celery
- 1 sprig parsley
- ¼ cup cooked green peas
- ¼ cup diced celery
- 1 hard-cooked egg, sliced

Soak gelatin in water for 5 minutes. Heat consommé to boiling point; pour over the gelatin; stir until dissolved. Add the salt and lemon juice. Cook shrimp in boiling salted water with stalk of celery and sprig of parsley for 15 minutes. Drain; remove shells, legs and black vein along back. Pour ½ cup of the consommé mixture into an 8½-inch ring mold which has been rinsed with cold water; place in refrigerator until firm. Place slices of hard-cooked egg alternately with whole shrimp (6 to 8) on jellied layer; pour in enough consommé mixture to cover; chill until firm. Cut remaining shrimp into small pieces and add to consommé mixture with peas and celery; pour into mold. Chill until firm.

## Frozen Pineapple Salad

(6 to 8 servings)

- 2 cups sour cream
  - 1 tablespoon lemon juice
  - ¾ cup sugar
  - 1 cup sweetened, crushed pineapple, drained
  - ¼ cup maraschino cherries, chopped
- Mix sour cream, lemon juice and sugar. Fold in pineapple and cherries. Pour into freezing tray of refrigerator and freeze. Cut into squares. Serve a square on lettuce or other greens.

## Onion and Orange Salad

(4 servings)

- 4 oranges
- 1 large mild-flavored onion
- Lettuce leaves
- French dressing

Peel and slice orange. Arrange on lettuce leaves. Remove skin from onion and slice. Garnish the orange slices with onion rings. Serve with French Dressing.

## Christmas Bell Salad

(4 servings)

- 8 small canned pear halves
- Juice from can of pears
- 1 cup red cinnamon candies
- 1 3-ounce package cream cheese
- Green food coloring
- Water cress

Remove pear halves from juice. Add cinnamon candies to juice and heat until candies are dissolved. Add pear halves and let stand until colored red. Drain on absorbent paper and chill. Color cream cheese a delicate green. From part of the colored cheese make 8 small balls, about ½ inch in diameter. Thin remaining cheese with a few drops of milk to make it soft enough to pass through the tip of a pastry tube easily. Place two of the pear halves on a salad plate, rounded sides up and small ends together to resemble two bells. Place a ball of colored cheese at large end of each pear to resemble clapper of bell. Force cheese through pastry tube in a bowknot design at small ends of pears. Garnish with water cress.



## Tomato Aspic Ring

(6 to 8 servings)

- 2 tablespoons plain gelatin
- $\frac{1}{2}$  cup cold water
- 2 cans tomato soup
- 2 3-ounce packages cream cheese
- $\frac{1}{2}$  cup mayonnaise
- $\frac{1}{2}$  medium green pepper, diced
- 1 teaspoon Worcestershire sauce
- $\frac{1}{2}$  tablespoon finely minced onion
- 1 dash Tabasco
- Salt and pepper to taste

Soften gelatin in water. Heat soup to scalding point. Stir softened gelatin into soup. To cream cheese add remaining ingredients. Combine with soup and gelatin mixture. Blend thoroughly. Pour into 1-quart ring mold. Chill at least 8 hours. Serve on lettuce bed, filling center of mold with sliced cucumbers. If desired, serve extra mayonnaise in separate bowl.

## Chicken Pepper Ring

(10 servings)

- $1\frac{1}{2}$  teaspoons plain gelatin
- 2 tablespoons cold water
- 1 cup clear chicken soup
- 1 tablespoon onion juice
- 2 tablespoons minced celery
- 1 whole clove
- 1 bay leaf
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 1 cup flaked chicken
- 2 tablespoons large stuffed olives, chopped
- 3 large green peppers
- 2 hard-cooked eggs

Soften gelatin in cold water. Simmer soup, onion juice, celery, clove, bay leaf, salt and pepper for 10 minutes. Strain, add some of the hot mixture to the gelatin. Then pour into the rest of the hot liquid while stirring. Add chicken and olives and set aside. Cut tops from peppers, remove seeds and core. Stand in cups and fill each pepper with mixture. Chill thoroughly and slice crosswise in about 1-inch slices. Arrange on a platter, or individual salad plates, and decorate the center of each pepper ring with slices of hard cooked egg, mayonnaise and paprika. Surround platter with salad greens.

## Stuffed Beet Salad

(6 servings)

- 1 No. 2 can whole beets
- $\frac{1}{2}$  cup finely chopped celery
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{2}$  teaspoon onion salt

Hollow out centers of each beet; chop beet centers. Combine celery, mayonnaise, onion salt and chopped beets. Fill centers of whole beets with the mixture. Serve on crisp lettuce leaves.

## Peach Banana Fan Salad

(1 large serving)

- $\frac{1}{2}$  peach
- Salad greens
- Berries
- 1 ripe banana

Place half of peach, pear or apricot into a lettuce cup and arrange at back of salad plate. Garnish with berries. Peel and cut banana lengthwise into 3 slices and place across front of salad plate. Spread slices open to resemble a fan. Garnish lettuce cup with greens. Serve with a sweet or tart dressing.

## Tomato-Pineapple Salad

(6 servings)

- 6 medium-sized tomatoes
- $1\frac{1}{2}$  cups cubed pineapple
- $\frac{1}{2}$  cup walnut meats
- $\frac{1}{4}$  cup mayonnaise or salad dressing

Peel tomatoes. Remove tops and some of the pulp. Mix cubed pineapple, walnut meats and mayonnaise. Fill tomato center. Place each tomato on a bed of lettuce. Garnish each with a sprig of parsley and a walnut half. More mayonnaise may be added, if desired.

## Curry Dressing

( $1\frac{1}{2}$  cups dressing)

- $\frac{1}{2}$  cup tarragon vinegar
- 1 cup salad oil
- 1 teaspoon curry powder
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 clove garlic, chopped
- 1 tablespoon parsley, finely chopped

Combine all ingredients. Shake well before using.

## **Fruit Salad and Dressing**

(8 to 10 servings)

- 2 apples
- 2 oranges
- 2 bananas
- 1 grapefruit
- 1 cup seedless grapes
- $\frac{1}{2}$  cup raisins, chopped
- $\frac{1}{2}$  cup dates, chopped

Core apples and peel oranges, bananas and grapefruit. Cut into bite-sized pieces and combine with grapes, raisins and dates. Arrange fruit on serving plates. Garnish with some salad green and add dressing just before salad is served.

### **Dressing**

(1 cup)

- 2 eggs, well beaten
- $\frac{1}{2}$  cup pineapple juice
- 2 tablespoons lemon juice (juice of 1 lemon)
- $\frac{1}{2}$  cup sugar

Mix the eggs, pineapple juice, lemon juice and sugar together. Cook over low heat, stirring constantly until the mixture thickens. Cool thoroughly.

## **Ala Salad Dressing**

(2 $\frac{1}{2}$  cups)

- 1 teaspoon grated onion
- 10 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon mustard
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 $\frac{1}{4}$  cups salad oil
- $\frac{2}{3}$  cup vinegar
- 3 tablespoons water

Put all ingredients in order given in large jar and shake well. Keep unused dressing in refrigerator.

## **Tomato French Dressing**

(Approximately 3 $\frac{1}{2}$  cups dressing)

- 1 can condensed tomato soup
- $\frac{3}{4}$  cup vinegar
- 1 $\frac{1}{2}$  cups salad oil
- $\frac{3}{4}$  cup sugar
- 1 small onion, finely minced
- 1 teaspoon salt
- 1 teaspoon pepper

Combine all ingredients and beat until well blended.

## **Russian Dressing**

- $\frac{2}{3}$  cup mayonnaise
- $\frac{1}{3}$  cup chili sauce

Blend mayonnaise and chili sauce until thoroughly mixed.

## **Roquefort-Cream Dressing**

(Approximately 1 quart)

- $\frac{1}{3}$  cup young green onions, chopped fine
- 2 cups mayonnaise
- 2 cloves garlic, grated
- $\frac{1}{2}$  cup chopped parsley
- 2 tablespoons anchovy paste
- 1 cup thick sour cream
- $\frac{1}{2}$  cup vinegar
- 2 tablespoons lemon juice
- $\frac{1}{2}$  pound Roquefort or blue cheese
- Salt and pepper to taste

Dice onions and then chop very fine, tops and all. Add to mayonnaise. Grate garlic into mixture and add parsley. Mix anchovy paste with sour cream and add to mayonnaise. Thin with vinegar and lemon juice. Crumble cheese and beat into dressing. Season with salt and pepper to taste. Keep in Kelvinator until just before using.

# Sauces

## Custard Sauce

(1 pint)

- 2 cups milk
- 3 eggs or 6 yolks
- 3 tablespoons granulated sugar
- 3 tablespoons salt
- 1/4 teaspoon vanilla, or
- 1/4 teaspoon almond extract

Heat milk until tiny bubbles appear around edge. Beat whole eggs or egg yolks with a fork, then stir in sugar and salt. Slowly stir in scalded milk. Cook with constant stirring over hot, not boiling, water until thick enough to coat a

spoon. Remove custard from heat immediately and pour into a cool bowl. Let cool, add vanilla, cover and chill.

## Shrimp Cocktail Sauce

(Sauce for 6 or 7 cocktails)

- 3/4 cup catsup
  - 1/2 cup chili sauce
  - 2 tablespoons lemon juice
  - 1 teaspoon Worcestershire sauce
  - Few drops Tabasco sauce
  - 1 tablespoon horse-radish
- Mix all ingredients and blend well.

# Soups

## Clam Chowder—New England Style

(6 to 8 servings)

- 2 1/2 cups soft shell clams
- 2 1/2 cups water
- 1/4 cup diced salt pork
- 1 cup diced onion
- 3 medium-size potatoes, cubed
- 2 1/2 tablespoons butter or margarine
- 2 1/2 teaspoons flour
- 2 cups milk
- 1 teaspoon salt
- Dash pepper
- 1/2 tablespoon Worcestershire sauce

Put clams into water and heat to simmering. Drain and reserve liquid. Chop firm part of clams and combine chopped clams with soft part. Fry salt pork; add onion and cook covered until tender. Add clam stock and potatoes to onions, cook until potatoes are tender. Melt butter or margarine, stir in flour, salt and pepper then slowly add milk, stirring constantly to

make a smooth sauce. When slightly thickened, add onion, clam and potato mixture. Add Worcestershire sauce. Serve hot. Garnish with a sprig of parsley if desired.

## Lentil Soup

(4 to 6 servings)

- 1 cup lentils
  - 6 cups water
  - 1 cup celery, diced
  - 1 carrot, diced
  - 1 large onion, chopped
  - 1 large potato, diced
  - 1 cup cream
  - 2 tablespoons butter or margarine
- Soak lentils overnight, drain. Add 6 cups water and cook lentils, celery, carrot, onion and potato until vegetables are tender, about 1 hour. Put through food mill or sieve. Add cream and butter or margarine.

## **Split Pea Soup with Pork Luncheon Meat**

(6 to 8 servings)

- 1 medium-sized carrot, diced fine
- 1 small onion, minced
- 1 small clove garlic, minced fine
- 1 cup dried split peas
- ½ can pork luncheon meat, diced in small cubes
- 5 cups cold water
- 1 teaspoon salt
- ⅛ teaspoon pepper

Combine all ingredients in soup kettle. Cook over low heat for 2 to 3 hours or until peas are tender. Serve with buttered croutons.

## **New England Corn Chowder**

(10 servings)

- 4 strips bacon, cut in ½-inch pieces
- 1 large onion, chopped fine
- 4 cups diced raw potatoes
- 2 cups boiling water
- 1 No. 2 can cream style corn
- 4 cups milk
- 2 teaspoons salt
- ⅛ teaspoon pepper
- ¼ teaspoon paprika

Brown bacon in frying pan. Add onion and cook until golden brown and tender. Meanwhile, boil potatoes in the water until tender. Add bacon and onion, corn, milk and seasonings. Heat and serve.

## **Lentil Soup**

(6 servings)

- 1 cup lentils
- 1 cup diced celery
- 1 carrot, scraped and diced
- 1 large onion, sliced
- 1 large potato, pared and diced
- 1 teaspoon salt
- 4 cups water
- 1 cup cream
- 2 tablespoons butter
- Pepper
- 1 teaspoon Worcestershire sauce

Combine lentils, celery, carrot, onion, potato, salt and water, and simmer 2 to 3 hours until vegetables are very tender. Purée if desired. Add cream and butter, season with pepper and Worcestershire sauce.

## **Half 'n Half Soup**

In one saucepan, heat 1 can condensed green pea soup with 1 cup milk. In a second saucepan, heat 1 can condensed tomato soup with 1 cup milk. Now, take a saucepan in each hand and pour from both sides into your soup plate or cup.

## **French Onion Soup**

(6 servings)

- ¼ cup butter or margarine
- 3 cups thinly sliced onions
- 1 teaspoon salt
- Dash pepper
- 6 cups warm water
- ½ teaspoon bottled brown seasoning sauce
- 5 beef bouillon cubes

Melt butter or margarine, add onions, and cook until golden brown. Sprinkle with salt and pepper. Add water, seasoning sauce, and bouillon cubes. Cover and cook until steam appears, then cook slowly for 45 or 50 minutes. Serve with croutons and grated Parmesan cheese sprinkled on soup just before serving.

## **Hit-the-Spot Soup**

Heat 1 can condensed tomato soup with 1 cup milk, and 1 can condensed cream of chicken soup with 1 cup milk. To center the round bull's eye, cut both ends out of one soup can. Set can in center of plate. Into it, pour tomato soup to the depth of the plate. Holding it firm, pour cream of chicken soup around it. Lift out the can.

## **Corn Chowder**

(6 to 8 servings)

- 4 cups diced pared potatoes
- 2 cups boiling water
- 1½ teaspoons salt
- ¾ to 1 pound of bulk fresh pork sausage
- 1 medium-sized onion, cut fine
- 1 No. 2 can cream style corn
- 1 can evaporated milk

Cook potatoes in water with salt, until tender. Fry sausage and onion in skillet until done; drain fat from sausage; stir in potatoes (with cooking water) and corn and let boil a few minutes. Add evaporated milk and water to make the chowder the consistency of thick soup.

# Vegetables

## Fried Parsnips

Peel parsnips and cook in a small amount of water until tender. Cut in halves or quarters lengthwise and fry in hot fat until brown on all sides.

## Escaloped Sweet Potatoes and Prunes

(4 servings)

- 2 large sweet potatoes, boiled
- 1 cup cooked pitted prunes
- 2 tablespoons butter or margarine

Salt

$\frac{1}{2}$  cup brown sugar

$\frac{3}{4}$  cup water or prune juice

Peel sweet potatoes and slice about  $\frac{1}{4}$  inch thick. In a buttered baking dish, arrange alternate layers of sweet potatoes and prunes, dotting each layer with butter and sprinkling with salt and brown sugar. Add liquid. Bake uncovered 1 to  $1\frac{1}{4}$  hours at 350° F.

## Broiled Onions

(4 to 6 servings)

- 2 large sweet onions

Salt and pepper

Melted butter or margarine

Peel onions and slice  $\frac{1}{2}$  inch thick. Sprinkle with salt and pepper. Brush with melted butter or margarine. Place on broiler rack and broil slowly, about 3 inches below broiling unit, 10 to 15 minutes or until browned.

## Broiled Leftover Baked Potatoes

Cut cold baked potatoes in half lengthwise. Rough up the top of the potato with a fork. Sprinkle with grated cheese. Place on broiler rack and broil slowly about 10 minutes, or until cheese is melted and brown.

## Red Cabbage with Apples

(6 servings)

- 1 head red cabbage (2 $\frac{1}{2}$  pounds)
- 2 cups boiling water
- 2 tablespoons vinegar
- 3 large cooking apples
- 3 tablespoons melted butter or margarine
- $\frac{1}{4}$  cup vinegar
- $1\frac{1}{2}$  teaspoons flour
- $\frac{1}{2}$  cup brown sugar
- $1\frac{1}{2}$  teaspoons salt
- Dash of pepper

Slice cabbage thin, discarding core and tough portions. Add  $1\frac{1}{2}$  cups of the boiling water and the 2 tablespoons of vinegar. Cook in a covered pan about 20 minutes or until tender. Drain. Meanwhile, peel, core and slice the apples. Add the remaining  $\frac{1}{2}$  cup of boiling water, cover, and cook until tender. Combine the remaining ingredients and add to the drained cabbage with the apples by tossing together lightly with a fork. Reheat to serving temperature.

## Stuffed Baked Potatoes

(6 servings)

- 6 potatoes
- $\frac{1}{2}$  cup milk
- 3 tablespoons butter or margarine
- 2 teaspoons salt
- $\frac{1}{8}$  teaspoon pepper
- Butter or margarine
- Paprika

Bake large potatoes at 450° F. for 50 or 60 minutes, or until soft. Cut each potato in half and remove the edible portion, taking care not to break the shell or skin. Mash the potatoes and add the milk, butter or margarine, and seasonings. Beat the mixture until it is as light as mashed potatoes. Return it to the potato shells. Top with piece of butter or margarine and a dash of paprika on each portion of potato. Place the stuffed potatoes in a pan and bake, uncovered, at 475° F. for 12 minutes, or until the filling is browned.



## Glazed Carrots

(4 servings)

- 1 bunch medium-sized carrots
- $\frac{1}{2}$  cup boiling water
- 3 tablespoons sugar
- $\frac{1}{4}$  cup butter or margarine

Peel medium-sized carrots and cut in quarters, lengthwise. Cook in water until tender. Drain. Roll cooked carrots in granulated sugar and brown slightly in hot butter or margarine.

## Mashed Potatoes

(6 servings)

- 3 to  $3\frac{1}{2}$  pounds pared potatoes (about 9 medium-sized)
- 1 cup boiling water
- 1 teaspoon salt
- $\frac{3}{4}$  cup hot milk
- $\frac{1}{4}$  cup butter or margarine
- Dash of pepper

Cut potatoes in quarters. Place in boiling water. Add salt. Cover tightly and bring to a boil quickly. Reduce heat to maintain slow boil. Cook until tender (20 to 25 minutes). Drain. Cover tightly and let steam over very low heat for 4 to 5 minutes. Mash, gradually adding hot milk in which butter has been melted. Add pepper. Beat until fluffy.

## Baked Acorn Squash with Applesauce

(4 servings)

- 4 medium-sized acorn squash
- 1 cup prepared applesauce
- 4 teaspoons brown sugar
- Cinnamon

2 teaspoons butter or margarine

Wash squash thoroughly. Cut in halves lengthwise. Remove seeds and stringy pulp. Place cut-side down in shallow baking pan. Add boiling water to cover bottom of pan. Bake squash at  $350^{\circ}$  F. until tender (about 30 minutes). Turn squash, cut side up. Fill each half with applesauce, sprinkle with brown sugar and cinnamon, and dot with butter or margarine. Return to oven and bake 20 to 30 minutes longer.

## Spinach Timbales

(4 to 5 timbales)

- $1\frac{1}{2}$  cups chopped cooked spinach (drained)
- 2 eggs, slightly beaten
- 1 cup soft bread crumbs
- 2 tablespoons melted butter or margarine
- $\frac{1}{2}$  teaspoon salt
- Pepper

Combine spinach with eggs, bread crumbs, butter, salt and pepper. Pack into greased custard cups. Place in a pan of hot water and bake at  $350^{\circ}$  F. until firm, about 30 minutes. Unmold to serve.

## Stuffed Beets

(6 servings)

- 6 medium-sized beets
- $\frac{1}{4}$  cup chopped onion
- 1 tablespoon chili sauce
- 1 teaspoon lemon juice
- $\frac{1}{2}$  cup cottage cheese
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Boil whole beets about 40 minutes or until almost tender, allowing one for each serving. Rub off skin under cold water. Scoop out centers, leaving a shell about  $\frac{1}{2}$  inch thick. Sprinkle insides with salt. Chop the removed beet pulp; there should be  $\frac{1}{4}$  cup. Add remaining ingredients. Fill beet shells with this mixture. Place in a baking dish containing water  $\frac{1}{4}$  inch deep. Bake at  $375^{\circ}$  F. about 20 minutes. To serve, arrange on platter and garnish with parsley.

## Onions au Gratin

(6 servings)

- 12 medium-sized onions (about  $1\frac{1}{2}$  inches in diameter)
- $1\frac{1}{2}$  cups hot medium white sauce
- $\frac{1}{4}$  cup grated cheese
- Paprika

Peel onions and boil in a small amount of salted water until tender (25 to 30 minutes). Drain and place in ovenware serving dish. Pour cream sauce over onions. Sprinkle grated cheese and paprika over all. Place under broiler until cheese melts and browns delicately.

## Oven-cooked Buttered Beets

(4 servings)

2 cups peeled and sliced raw beets  
2 tablespoons butter or margarine  
 $\frac{1}{4}$  cup water  
Salt and pepper

Combine in covered baking dish. Bake at 350° F. 30 to 40 minutes.

## Peas in Cream

(4 servings)

1 package frozen peas  
 $\frac{1}{2}$  cup light cream or milk  
1 tablespoon butter or margarine  
 $\frac{1}{4}$  teaspoon salt  
Dash of pepper  
 $\frac{1}{2}$  teaspoon sugar

Place peas solidly frozen in ovenware dish with tight-fitting cover. Add remaining ingredients and place in oven for one hour at 350° F.

## Broiled Potato Slices

(4 servings)

4 small boiled potatoes  
Melted butter or margarine  
Salt and pepper

Cut potatoes lengthwise in slices about  $\frac{1}{4}$  inch thick. Lay on broiler pan and brush with melted butter or margarine. Sprinkle with salt and pepper. Broil 10 minutes or until browned.

## Oven Steamed Potatoes

(4 to 6 servings)

6 to 8 potatoes  
2 onions  
 $\frac{1}{2}$  teaspoon salt  
Dash of pepper  
1 teaspoon chopped parsley  
3 tablespoons of butter or margarine  
 $\frac{1}{4}$  cup boiling water

Peel and slice potatoes. Peel and slice onions very thin. Alternate layers of potatoes and onions in a well-greased shallow baking dish. Season with salt, pepper and parsley. Dot with butter or margarine and add boiling water. Bake at 425° F. for 30 to 40 minutes or until potatoes are soft and brown and crusty on top, and the water cooked away.

## Mashed Rutabaga

(4 to 6 servings)

1 large rutabaga or 2 small ones  
Boiling water  
1 teaspoon salt  
1 tablespoon butter and margarine

Pare rutabaga, cut into pieces and cook in boiling water until tender. Drain carefully and mash. Add salt and butter or margarine and stir it in over low heat until hot.

## Deviled Brussels Sprouts

(6 servings)

1 quart fresh or 2 packages frozen Brussels sprouts  
 $\frac{1}{2}$  cup butter or margarine  
2 teaspoons prepared mustard  
 $\frac{3}{4}$  teaspoon salt  
1 teaspoon Worcestershire sauce  
Dash cayenne pepper

Soak fresh sprouts in salted water for 30 minutes; then remove wilted or bruised outer leaves and stems. Place fresh or frozen sprouts in 1 cup boiling water. Cover and cook until steaming freely. Reduce heat and boil slowly until tender, 15 to 25 minutes. Meanwhile, melt butter or margarine. Add mustard, salt, Worcestershire sauce and cayenne pepper. Place cooked sprouts in hot serving dish and pour the hot sauce over them.

## Scalloped Sweet Potatoes and Apples

(6 servings)

4 medium-sized raw sweet potatoes  
4 medium-sized tart apples  
1 teaspoon salt  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{4}$  cup water  
2 tablespoons melted butter

Pare sweet potatoes and apples and slice  $\frac{1}{4}$  inch thick. Arrange alternate layers of sweet potatoes and apples in a casserole, with apples on the top, sprinkling each layer with the combined salt, sugar and cinnamon. Add water. Pour melted butter over all. Cover and bake at 350° F. for 1 hour. Uncover and bake 30 minutes.

## Potato Patties

(4 to 6 servings)

- 3 cups mashed potatoes
- $\frac{1}{4}$  cup finely chopped onion
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $\frac{1}{4}$  cup flour

Add onion, salt and pepper to mashed potatoes. Form into patties. Dip lightly into flour, fry in butter or margarine until lightly browned. Turn and brown the second side.

## Corn Pudding

(6 to 8 servings)

- 3 eggs
- 2 cups milk
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 cups cream style corn
- 2 tablespoons butter or margarine
- 1 tablespoon minced onion
- $\frac{1}{4}$  cup minced green pepper
- 1 minced pimento

Beat eggs slightly. Mix in remaining ingredients. Pour into greased  $1\frac{1}{2}$ -quart casserole. Bake at 300° F. for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, or until firm.

## Baked Potatoes with Vegetables

(4 servings)

- 4 large baking potatoes
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 cup milk, scalded
- 1 cup leftover vegetables

Bake the potatoes at 450° F. for 50 or 60 minutes. Cut a gash lengthwise and another crosswise in each potato, using a sharp knife. Squeeze from the bottom to loosen the potato from the skin. Scoop out. Combine butter or margarine and flour, salt and pepper. Stir into scalded milk, cook slowly while stirring to make a sauce. Add potato and leftover vegetables to the sauce. Fill each potato shell with the potato and vegetable combination. Sprinkle with paprika or grated cheese. Bake at 400° F. for 12 to 15 minutes or until lightly browned.

## Hashed Brown Potatoes

(6 to 8 servings)

- 6 cups potatoes
- 2 teaspoons onion
- 1 tablespoon parsley
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 3 tablespoons butter or margarine

Add the finely chopped onion, parsley, salt and pepper to the finely chopped boiled potatoes. Place in a shallow, well-greased pan. Dot with bits of butter or margarine and place in the heated broiler compartment so that the top of the pan is about  $2\frac{1}{2}$  inches from the source of the heat. Reduce the heat to half and brown for 20 minutes.

## Baked Cauliflower

(6 servings)

- 1 large head cauliflower
- 2 quarts boiling water
- $\frac{1}{2}$  tablespoon salt
- 3 eggs, beaten
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup chopped parsley
- 1 small clove garlic, chopped
- 1 cup canned tomatoes
- $\frac{1}{2}$  cup salad oil
- 1 teaspoon salt or mace
- $\frac{1}{4}$  teaspoon pepper
- 1 cup grated Italian cheese

Separate the cauliflower into small florets and cook, covered, in 2 quarts of boiling water to which salt has been added. Cook until tender and drain. Place in a greased casserole. Beat the eggs in a bowl, add the remaining ingredients and pour the mixture over the cauliflower. Bake at 400° F. for 30 minutes or until golden brown.

## Broiled Tomatoes

(4 servings)

- 2 medium-sized tomatoes, unpeeled
- 1 tablespoon finely grated onion
- Salt and pepper
- 2 tablespoons buttered fine bread crumbs

Cut tomatoes in half. Spread  $\frac{1}{4}$  tablespoon of grated onion on cut side of each tomato half. Sprinkle with salt and pepper. Cover with buttered bread crumbs. Broil about 10 minutes or until browned and heated through.

## Tomato Pudding

(5 to 6 servings)

- 1 10-ounce can tomato purée
- $\frac{3}{4}$  cup boiling water
- 1 cup brown sugar
- 1 teaspoon salt
- 2 cups white bread, toasted and cubed
- $\frac{1}{2}$  cup melted butter

Boil tomato, water, sugar and salt together for 5 minutes. Arrange bread cubes in greased baking dish. Pour in butter. Pour tomato syrup over all. Bake at 375° F. for 40 minutes.

## Oven-fried Potatoes

(4 servings)

- 6 medium-sized potatoes
- Lemon juice
- Melted fat
- Salt

Peel potatoes and cut in thin strips. Soak in cold water to cover, adding 1 tablespoon of lemon juice for each quart of water. Dry thoroughly and place in shallow baking pan. Brush well with melted fat and sprinkle with salt. Bake at 450° F. about 25 minutes, basting occasionally with extra melted fat.

## Candied Sweet Potatoes with Orange

(6 servings)

- 3 medium-sized boiled sweet potatoes
- $1\frac{1}{2}$  cups brown sugar
- $\frac{3}{4}$  cup strained orange pulp
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup water
- 2 tablespoons butter or margarine

Peel sweet potatoes and cut in halves lengthwise. Combine brown sugar, orange pulp, salt, water and butter or margarine in heavy frying pan. Bring to a boil. Add sweet potatoes. Simmer slowly, turning potatoes occasionally until well glazed.

## Fried Carrots

Select large carrots, slice lengthwise and cook in boiling salted water until tender. Drain and fry in butter, margarine or bacon fat. Brown on both sides. Season with salt and pepper.

## "Dress Up" Mashed Potatoes

(6 servings)

Pare 3 pounds potatoes, cut in quarters, and cook until tender in boiling salted water. Drain and steam over low heat for 3 or 4 minutes. Put through ricer. Add  $\frac{1}{4}$  cup butter or margarine and  $\frac{1}{2}$  of a 3-ounce package of cream cheese. Whip until fluffy, adding light cream or milk to produce desired consistency (about  $\frac{1}{2}$  cup). Whip in salt and pepper to suit taste.

## Boiled Cabbage with Caraway Butter

(4 to 6 servings)

- 1 head cabbage
- Caraway seed
- Melted butter or margarine (1 tablespoon per cup of cooked cabbage)

Cut cabbage head into sections. Remove tough core. Shred or chop. Drop into rapidly boiling salted water and cook for 7-8 minutes; drain. Place on serving dish, sprinkle with caraway seed, and pour melted butter or margarine over cabbage.

## Baked Winter Squash

Scrub squash and cut in individual serving pieces. Scrape out stringy pulp and seeds. Steam about 20 minutes, or until partially tender. Place in shallow baking dish. Place 1 teaspoon of butter or margarine on each piece. Sprinkle lightly with sugar and cinnamon. Bake at 400° F. for 30 minutes or until tender.

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Every day, on "Homemakers Exchange," there comes a time to clean up the pots and pans. And every day, I find S.O.S. the very help I need—the only cleanser a pot or pan *ever* needs.

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# Helpful Hints

## Home Dry Cleaning Is Easy!

Yes, if you've ever washed a pair of nylons you can dry clean at home *safely* and successfully with SUPER RENUZIT HOME DRY CLEANER. Millions of smart housewives know it's easy to keep clothing, rugs, upholstery and other articles which *should not be washed* fresh and spotless this modern way—and save money in the bargain.

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## Keep Clothing Clean!

Wearing apparel can be kept bright and new-looking, simply and economically, by regular dry cleaning with SUPER RENUZIT.

First, clean spotted portions and extremely soiled edges with a cloth dipped in SUPER RENUZIT. (For hard-to-remove spots, use Renuzit Spot and Stain Remover.) Detach all shoulder pads, plastic decorations, and belts from articles before cleaning.

Use two basins: one for cleaning, one for rinsing. Use enough SUPER RENUZIT to cover the article. Simply dip up and down, flushing the fluid through the fabric until clean. Then rinse in fresh SUPER RENUZIT. No vigorous rubbing is necessary. If the article is very dirty, rinse more than once.

Roll garment between towels, hang on wooden hanger, and allow to dry thoroughly. If you have handled the garment carefully it should require little or no pressing when dry.

## Rugs Stay Lovely!

Home dry cleaning with SUPER RENUZIT removes dulling film, brings

out the full richness and color of rugs and carpets. Keep the convenient quart can of SUPER RENUZIT on hand in your broom closet for emergencies and weekly "touch up" jobs. Remove tracked-in grime before it has a chance to become "set." Then, when you're ready to do a thorough cleaning job, follow this procedure:

Vacuum rug thoroughly. Apply SUPER RENUZIT with soft cloth or brush. Remember, only the surface needs cleaning; do not saturate. After dipping brush or cloth into pan of fresh SUPER RENUZIT, shake to remove excess fluid. Then, with a gentle lifting motion, go over small sections at a time. Dampen clean cloth with SUPER RENUZIT and repeat process.

SUPER RENUZIT will not shrink or stiffen rug nap or cause mildew. It will kill insects, moth eggs and larvae on contact.

## Brighten Upholstery!

Upholstery fabrics keep their fresh original beauty when given regular treatments with SUPER RENUZIT. Once a month wipe lightly over chairs, sofas, all upholstered articles with a clean cloth dampened in SUPER RENUZIT. Then, when you do your Spring and Fall cleaning, use this more thorough method.

Brush or vacuum fabric to remove loose dirt. Dip a small brush or cloth into a pan of fresh SUPER RENUZIT. Shake off surplus fluid. Go over small sections at a time. Use gentle lifting motion in the direction of the weave. With a second cloth, dampened with SUPER RENUZIT, lift up and wipe off the loosened soil. Remember, only the surface requires cleaning. Avoid oversaturation.

SUPER RENUZIT, the SAFE Home Dry Cleaner, is available at stores everywhere.

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# Index

Breads . . . . .	1
Cakes and Frostings . . . . .	4
Cookies . . . . .	5
Desserts . . . . .	7
Main Course Dishes . . . . .	10
Miscellaneous . . . . .	20
Pies and Tarts . . . . .	23
Salads and Salad Dressings . . . . .	26
Sauces . . . . .	31
Soups . . . . .	31
Vegetables . . . . .	33

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